KINGS RULE

L.A. MOVING ON IN NHL PLAYOFFS AS SWEEP HAS ST. LOUIS SINGING THE BLUES PAGE 27

TORONTO metro®

Monday, May 7, 2012

News worth sharing.

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$50 MILLION WINNERS

Another fray at the races

Marathon melee. Sister cities Toronto and Mississauga go head-to-head with same-day marathons for second year running

This time last year, Joe Campanelli was a man of two races.

He did a brisk 10 km as part of Mississauga's marathon weekend on Saturday, and finished it off with a cool 21 km at the Toronto half-marathon on Sunday.

But this year he decided last-minute to run a full marathon. And because the sister cities' races were on the same day, again, Campanelli had to make a decision: Mississauga or Toronto?

"I personally don't like that the two of them are on the same day," said Campanelli, 27, a resident of Etobicoke. "It would be nice if they were a couple of weeks apart."

He chose Mississauga, so he could race with his Running Room pals. He also ended up winning the race with a time of 2:32:57.

"I was actually pleasantly surprised by the outcome," Campanelli said.

Mississauga organizers also wish the races weren't on the same day. The Toronto race moved to the spring last year to free up the marathon calendar in the fall, which Mississauga officials say had a dramatic impact on the city's numbers.

"It's a challenge and we're not sure what the best solution is," said Sharon Podatt, an event organizer in Mississauga.

This year, there were some 10,150 runners in Mississauga, with money raised for local charities. Podatt said two years ago there were closer to 15,000.

Toronto's spring marathon wasn't supposed to occur on the same day as Mississauga again, said Toronto race director Jay Glassman, who added Toronto posted its date almost a year in advance after reaching an agreement with the city.

But Mississauga organizers didn't want their race to be held on Mother's Day, and they felt the only date left was May 6.

"You've got to ask them why they moved, because they were the ones that were clearly upset about it," Glassman said. "It's a separate city … we wish them well." TORSTAR NEWS SERVICE

Winners

- **Toronto Marathon**
  Women's: Jutta Merilainen: 2:47:15
  Men's: Brendan Kenny: 2:27:57
- **Mississauga Marathon**
  Men's: Joe Campanelli: 2:32:57
  Women's: Amy Frazier: 2:57:28

Well-wishers and family cheer on the runners near Ontario Place on Sunday. Some 15,000 competitors raced in the marathon, half-marathon and five-kilometre routes in this year's GoodLife-sponsored events, which raise money for local charities. RENE JOHNSTON/TORSTAR NEWS SERVICE

From Beastie to filmmaker

Remembering Beastie Boy Adam Yauch, who died of cancer on Friday PAGE 12

Gender bender

Expectant moms and dads have found a new way to share the joyous news: The gender reveal party PAGE 14

France votes

Francois Hollande is the nation's new president, ousting Nicolas Sarkozy PAGE 4

1 NEWS

On the web

Tour the Family Guy's town

Quahog, R.I., the fictional hometown of Peter Griffin and his dysfunctional Family Guy relatives, is coming to life. A local tourism council is sponsoring an all-day tour highlighting the Rhode Island institutions made popular by the hit series — including, of course, a stop at The Drunken Clam. Go to metronews.ca for more.

Mobile news

Test-tube babies have higher rates of birth defects, and doctors have long wondered: Is it because of certain fertility treatments or infertility itself? An extensive new study from Australia suggests both may play a role. Scan for the story.

Policing. City running out of money to pay for officers' sick-pay perk

While Toronto began phasing out the controversial sick-pay gratuity for municipal workers after the 2009 strike, the benefit continued intact for police officers.

But the fund is running out of money to cover the perk, which pays up to nine months' salary to retiring officers with 35 years service who have banked enough unused sick days.

About 250 officers leave the force each year. Payouts to police have averaged $10.7 million a year over the past five years, but the fund had been depleted to $12.4 million by the end of 2011 — down from $59 million in 2007 and $81 million in 2004.

City officials are recommending that councillors at Monday's budget committee meeting approve the use of $6.5 million of the city's $292 million year-end surplus to top up the sick-bank fund.

TORSTAR NEWS SERVICE

Labour. Union members haven't been able to vote for more than a decade

A prominent union has denied thousands of workers the right to elect leaders in one of its biggest locals for 15 years, but a top official insists the organization's governing practices are "impeccable."

The local has been under "provisional" status since its inception in 1997 due to instability and poor management, according to the Canadian head of the Laborers' International Union of North America. But Joe Mancinelli had no answers to why the problems of the Ontario Federation of Health Care Workers Local 1110 have not been solved.

TORSTAR NEWS SERVICE

Quotable

"After 15 years, it is time for our local's representation to come from the working members."

Union member Christine Lockett

Officers remembered for 'ultimate sacrifice'

Police memorial.
More names added to monument at Queen's Park

Melissa Styles, the widow of Const. Garrett Styles, is seen holding their daughter, Meredith, on Sunday at the Ontario Police Memorial at Queen's Park. RICHARD LAUTENS/TORSTAR NEWS SERVICE

Three more names have been added to a memorial honouring Ontario's fallen police officers, including that of a York Region constable killed in the line of duty last year.

Thousands of officers from across the province gathered in Toronto Sunday morning to pay tribute to their fallen colleagues in the 13th annual Ceremony of Remembrance.

Many laid roses at the memorial just east of Queen's Park, particularly at the spot bearing the name of York Regional Police Const. Garrett Styles.

Styles died on June 28, 2011, after he was dragged and crushed by a minivan driven by a 15-year-old boy.

His widow, Melissa, sat near the front for the ceremony, along with the couple's two young children and other family members.

The names of Nipigon Const. George Armstrong and Port Robinson Const. Charles Richards were also added to the monument. They died in 1919 and 1854, respectively.

Armstrong, an Irish immigrant and First World War veteran, was gunned down while investigating a break and enter along the Canadian Pacific rail line. Richards was shot and killed in the village inn while arresting a man wanted for robbery and murder.

Premier Dalton McGuinty told the solemn crowd words were not enough to thank officers whose lives are tragically cut short.

"We can only stand here today in memory of these brave officers who made the ultimate sacrifice and pledge to be better, to do good ourselves," he said.

THE CANADIAN PRESS

Sexual assault

Man charged in kidnapping case

A 24-year-old Toronto man has been charged in connection with an alleged kidnapping and sexual assault early Sunday morning.

Police say a 21-year-old woman walking in the Leslie Street and Eglinton Avenue East area was taken by a man and driven to a residence where the alleged assault took place.

Rafael Silva has been charged with kidnapping, forcible confinement and sexual assault.

TORSTAR NEWS SERVICE

Investigation

Death medically related: Police

Police are investigating after a man's body was found in Scarborough's Rouge Park Sunday morning. They do not suspect foul play or suicide.

TORSTAR NEWS SERVICE

Poverty

Seniors launch protest campaign

A coalition of frustrated York Region seniors is launching a campaign called Freedom 90, in hopes of pressuring the Ontario government to increase its support for the poor — and make food banks obsolete.

TORSTAR NEWS SERVICE

Vaisakhi

Sikhs celebrate religious holiday

More than 20,000 Sikh-Canadians celebrated Vaisakhi with a parade from Mississauga to Etobicoke on Sunday. Morningstar Drive and Airport Road were closed for the parade. TORSTAR NEWS SERVICE

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Anke Wallert is seen next to a parking machine at North York General Hospital's Branson site. She received a parking ticket because the machine wouldn't accept the new loonies and toonies, and they couldn't print off a parking receipt.
RICHARD LAUTENS/TORSTAR NEWS SERVICE

Lightweight coins carry hefty price

Loonies & toonies. Parking meters reject newly minted coins, leaving one couple with a $49 ticket

A quick visit to the hospital left Alexander Nairn and wife Anke Wallert feeling sick after parking meters rejected their new loonies and toonies, and they were slapped with a $49 ticket.

"My wife could not get these new coins into the blasted meters," said an outraged Nairn.

Last week, Nairn, 87, arrived at North York General Hospital's Branson site, near Bathurst St. and Finch Ave. W., for an X-ray.

Wallert, who drove Nairn, made several failed attempts to feed the new coins into parking meters at the site.

As there was no parking attendant present, the couple checked into Branson without paying parking fees, Nairn said.

After spending an hour at the hospital, they returned to their car to find a $49 ticket (which indicated it would be discounted to $25 for prompt payment). It cited "failed to display valid receipt" as the parking infraction.

"I wonder how many thousands of people across Canada are getting the same thing," said Nairn, who refuses to pay the fine. "It's a good little rip-off source of revenue for people."

Nairn said he left a message for Tim Rutledge, president of North York General Hospital, but has yet to receive a response. He said he plans to sue hospital executives if his complaint isn't addressed.

"This is the first time I hear this specific type of problem with the new coins," said hospital spokesperson Marcelo Gomez-Wiuckstern.

Visitors' parking is managed by external contractors, Gomez-Wiuckstern said, adding that he will contact them about Nairn and Wallert's complaint.

The Royal Canadian Mint's newest version of 2012 loonies and toonies are manufactured with multi-ply plated steel technology. They weigh less than their alloy predecessors. The Toronto Star has reported that the city's parking machines don't recognize them.

The Toronto Parking Authority plans to upgrade all 2,978 machines by this summer. It is expected to cost $1 million.

TORSTAR NEWS SERVICE

Quoted

"It's a good little rip-off source of revenue."

Alexander Nairn reacts after being ticketed after meters refuse to accept loonies, toonies.

Near Masseygrove Park

No arrest in Sunday shooting

A man was shot in the leg near Finch and Kipling avenues Sunday afternoon. Police say the victim is in his early 20s and does not suffer from life-threatening injuries. TORSTAR NEWS SERVICE

House fire

More than $500K damage in blaze

A fire tore through a Richmond Hill home Sunday morning, destroying the house. The three people at home were able to leave the burning house on their own. TORSTAR NEWS SERVICE

Special education. Needs exceed availability: Principals

Wait lists for special education may be down, but that's in part because principals are only allowed to assess a small number of children each year, says a startling new look at services for Ontario's most vulnerable students.

The report said that while wait lists have dropped to 35,000 this year from 46,000 in 2000, about half of principals say there's a cap on the number they're allowed to assess.

While funding has increased in leaps and bounds to $2.5 billion this year, all the additional money hasn't meant better services, and People for Education is now calling for a public review of the system.

TORSTAR NEWS SERVICE

By the numbers

- 18 per cent or almost one in five elementary students receive special education assistance, up from about one in 10 (or 11 per cent) in 2000.
- Almost one in four high school students receive special education, up from 14 per cent in 2000.
- The ratio of special ed teachers to students is now 36:1 in elementary schools, up from 22:1 in 2000.

Source: People for Education

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France elects Socialist Hollande as new leader

Supporters of Socialist Party candidate Francois Hollande react after the first results of the second round of French residential elections in Paris on Sunday. REMY DE LA MAUVINIERE/THE ASSOCIATED PRESS

Victory speech. 'You are a movement lifting up everywhere in Europe, and perhaps the world,' Francois Hollande says

France handed the presidency Sunday to leftist Francois Hollande, a champion of government stimulus programs who says the state should protect the downtrodden — a victory that could deal a death blow to the drive for austerity that has been the hallmark of Europe in recent years.

The president-elect inherits a country deep in debt and divided over how to integrate immigrants while preserving its national identity.

Hollande narrowly defeated the hard-driving, attention-getting Nicolas Sarkozy, an America-friendly leader who led France through its worst economic troubles since World War II but whose policies and personality proved too bitter for many voters to swallow.

Hollande will take office no later than May 16.

With 95 per cent of the vote counted, official results showed Hollande with 51.6 per cent of the vote compared with Sarkozy's 48.4 per cent, the Interior Ministry said. The turnout was a strong 81 per cent.

"Too many divisions, too many wounds, too many breakdowns and divides have separated our fellow citizens. This is over now," Hollande said in his victory speech.

"The foremost duty of the president of the Republic is to unite ... in order to face the challenges that await us."

THE ASSOCIATED PRESS

Quoted

"I take responsibility ... for the defeat."

Incumbent Nicolas Sarkozy, who told supporters he did his best to win a second term, despite widespread anger at his handling of the economy.

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Concealment of Identity.
Feds support bill to outlaw masks at riots

Conservative MPs are hoping to unmask rioters with a bill that will make wearing a disguise at a riot or "unlawful protest," a criminal offense punishable by up to five years in jail.

Attorney General Rob Nicholson announced Sunday the government is supporting a private member's bill brought forward by Alberta MP Blake Richards, called the Concealment of Identity Act.

"Canada's justice system must not put the rights of criminals ahead of the rights of law-abiding citizens," said Richards. "The Concealment of Identity Act would give police the tools they need to identify offenders who cause damage to this country's neighbourhoods," he said.

Taking part in a riot is currently an offence with a maximum jail sentence of two years.

Wearing "a mask or other disguise" will increase that maximum sentence to five years, if the bill is passed.

The bill also applies to unlawful assemblies, which are defined as gatherings that don't turn into riots but do cause fear. In that case, masked participants could face six months in jail.

JESSICA SMITH/METRO

Kamloops, B.C.

50 treated for carbon-monoxide poisoning at hockey game

About 50 people have been treated for carbon-monoxide poisoning following a hockey game at a private arena in B.C.'s Interior.

The incident happened Saturday during a game between members of the Canadian Coast Guard and Department of Fisheries and Oceans in Kamloops.

Only three patients remained in hospital on Sunday. A boiler was the cause of the problem.

THE CANADIAN PRESS

Mental Health Awareness Week kicks off today

Inspiring others.
Join Arthur Gallant for an online chat Wednesday at 7 p.m. on facebook.com/cmhaontario

DAVE BAXTER
ottawa@metronews.ca

Arthur Gallant, who suffers from clinical anxiety and depression, says he talks about his mental illness in an effort to open people's minds. METRO

Arthur Gallant says his entire life has been shaped by mental illness.

"I have not really known a life without depression," said Gallant, 22, from Burlington, Ont., who suffers from clinical anxiety and depression. "It's a part of who I am."

With Mental Health Awareness Week kicking off today, Gallant has chosen to use his experiences to inspire others who may be suffering with similar problems but don't feel comfortable coming forward.

Gallant, who advocates for the rights of children and youth to receive mental-health services, said he wants people to know that mental illness, while not a visible ailment, is nothing less than a real disease.

"Nobody can see the pain on the inside. I wish people who doubt me would walk a day in my shoes."

Though he believes society's attitudes toward those with mental illness started to improve in the early part of the last decade, technology has now stalled those improvements.

"Social media has made it worse," he said. "I started taking to social media to share my state of mind and I lost friends. They thought I was a psycho when really it was a cry for help."

However, he's not giving up. Gallant credits a strong support system for helping him battle his disease, and is hoping to provide that support to others while fighting stigma through a live online video chat Wednesday on the Canadian Mental Health Awareness Ontario Facebook page, from 7-8 p.m. Eastern.

Gallant expects as many as 20,000 will join in. "I want to use my story to create a better world."

On the web

For more coverage on Mental Health Awareness Week go to metronews.ca or mentalhealthweek.ca.

- Watch a mini-documentary on Arthur Gallant and his battle with depression. Peter Coleridge, CEO of the Canadian Mental Health Association, dispels myths.
- Canada is about to get its first ever national mental health strategy.

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Natural disaster.
Teenager killed, more than 30 injured as rare tornado hits city northeast of Tokyo

People inspect damage caused by a tornado in Tsukuba, Japan.
YOMIURI SHIMBUN/THE ASSOCIATED PRESS

A tornado tore through a city northeast of Japan's capital on Sunday, killing one person, injuring dozens of others and destroying scores of houses.

Firefighters and medical teams rushed to the area after the tornado struck Tsukuba city, 60 kilometres from Tokyo.

The city is a science centre, with dozens of research and academic institutes, but the tornado appeared to mostly hit residential areas.

A 14-year-old boy died after being injured by the storm, Tsukuba Medical Center said.

More than 30 other people were injured, including at least 10 who were being treated at hospitals, fire officials said. Details of the death and injuries were not immediately available.

Public broadcaster NHK showed rows of houses without roofs, apartment complexes with smashed balconies and shattered windows, and tilting telephone poles that could barely stand.

They said about 200 homes were damaged.

Tokyo Electric Power Co. said 24,000 homes were without electricity as lightning added to the storm's damage. Tornadoes are relatively rare in the Tokyo area.

THE ASSOCIATED PRESS

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A man waits to enter a voting booth at a polling station in Athens, Greece. KOSTAS TSIRONIS/THE ASSOCIATED PRESS

Greeks vote for change

Election. Amid economic crisis and instability, Greece's top parties see support plunge, consider forming a coalition

Furious Greeks punished the two parties that have dominated politics for decades in the crisis-battered country Sunday, leaving its multibillion dollar international bailout — and even its future in the euro currency — hanging in the balance.

With more than 83 per cent of the vote counted, Greece appeared to be heading toward political stalemate. Nobody won enough votes to form a government, and the two parties that backed the bailout — the conservative New Democracy and socialist PASOK — conceded they need to win over adversaries to form a viable coalition.

"I understand the rage of the people, but our party will not leave Greece un-governed," said New Democracy leader Antonis Samaras.

New Democracy was leading with nearly 20 per cent of the vote, which would give it 110 seats in the 300-member parliament.

PASOK, which has spent 21 years in government since 1981 and stormed to victory with more than 43 per cent in 2009, saw its support slashed to about 13.5 per cent. It will have just 41 seats, compared to 160 in the last election.

The two parties saw their support plummet to the lowest level since 1974, when Greece emerged from a seven-year dictatorship.

Voters who deserted the two mainstays of Greek politics in droves headed to a cluster of smaller parties on both the left and right. THE ASSOCIATED PRESS

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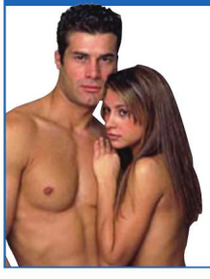

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45	$16	$13	$23	$17	$33	$22	$57	$38
50	$17	$13	$33	$24	$52	$36	$96	$67
55	$25	$19	$53	$37	$89	$66	$168	$123
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Following the mogul script

Rupert Murdoch.
Media baron's fall from grace is a familiar story in the world of global media conglomerates

If the phone hacking scandal gripping Rupert Murdoch's News Corp. empire has a familiar ring, it might be because you've heard the story before. Scrappy outsider turns modest newspaper business into international media conglomerate. Ambition turns to hubris. Mogul dramatically falls from grace.

From William Randolph Hearst to Rupert Murdoch, many media barons' stories follow a familiar arc.

"He's one of a series," said James Curran, a professor of communications at Goldsmiths University in London.

Before Murdoch came Robert Maxwell and Conrad Black, both of whose careers at the top of the British media establishment ended in disgrace. Before those two came Lord Beaverbrook, the Daily Express owner whose excesses were lampooned by Evelyn Waugh in his 1938 novel Scoop.

Earlier still was the New York Journal's William Randolph Hearst, who has become linked to the maverick at the centre of Orson Welles' 1941 classic Citizen Kane.

Black's and Maxwell's careers were blighted by criminality. Maxwell, having raided his newspaper's pension fund, drowned under murky circumstances in 1991; Black was only released Friday from a U.S. prison following a 2007 conviction for cheating his shareholders.

But Murdoch's story has little to do with those of Black or Maxwell, said Tom Bower, biographer of the latter.

"There is a sharp difference," said Bower, explaining that Murdoch built "a huge and successful business" based on hard work and sharp elbows, while his competitors failed because they had created "flimsy businesses based on fraud."

THE ASSOCIATED PRESS

Fallout

- Once one of the most powerful forces in British politics, Murdoch has seen his clout wither amid the scandal over illegal eavesdropping at his News of the World tabloid.
- Revelations of widespread illegality there have led to the arrests of dozens of journalists and media executives, the resignations of high-flying political operatives and police leaders, and hundreds of millions of dollars in legal costs.

Canada's last penny

The last Canadian penny ever to be made, displayed by Minister of Finance Jim Flaherty soon after it was struck at the Royal Canadian Mint in Winnipeg Friday, is going to Canada's currency museum in Ottawa. In the coming months, retailers will start to round up or down the tax-included price of cash purchases to the nearest five cents but the penny will remain legal tender.

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TAKING A STROLL THROUGH THE LABOUR MOVEMENT

URBAN COMPASS
Lia Grainger
toronto@metronews.ca

"Here we are in the oldest part of Toronto," says Maureen Hynes. It's a sunny Sunday morning, and the Toronto labour expert is standing in the shade of a stunning historic three-story building at 157 King St. E. "This is St. Lawrence Hall, built in 1850," explains Hynes. "It was a starting point for many demonstrations and — I have to say it — riots."

Unlike those who once convened here to protest injustice so many years ago, the 70 or so people assembled in this spot today aren't here to agitate. They've gathered to take the Labour History Walking Tour of Toronto's historic "Old Town," and learn about a time when uprisings, public hangings and massive demonstrations were once commonplace.

Making history

"This is where protesters slept in tents for 40 nights as part of the Occupy movement, fighting for the rights of us, the 99 per cent."

Maureen Hynes
Labour movement tour guide

The historic stroll is a part of the Mayworks Festival of Working People and the Arts, a celebration of working class culture that continues until May 13. It's organized in conjunction with the George Brown School of Labour and Jane's Walks, a series of neighbourhood walking tours named in honour of urban activist and writer Jane Jacobs.

We stroll down King Street East past a number of plaques commemorating the newspapers that were once headquartered there. "Here's the Daily Leader," says Sue Smith, one of the walk's three leaders. "It was at this paper that workers won the right to a 56 hour work week. And today we think 40 hours is a lot!"

At the park next to the Cathedral Church of St. James, the group stops to reflect on a more recent chapter in our city's labour battles. "This is where protesters slept in tents for 40 nights as part of the Occupy movement, fighting for the rights of us, the 99 per cent," says Hynes.

The walk highlights many pivotal moments in the city's tumultuous labour history. We learn that in 1872, 10,000 Torontonians — one sixth of the city's population at that time — marched in support of the Nine-Hour Movement, which advocated for a nine-hour work day.

"We've come a long way since then," says walk co-leader J.P. Hornick, but quickly cautions the crowd that there are still many workers' rights that have yet to be won.

"Right now one in five Canadians works more than 60 hours a week," says Hornick. "We're still fighting."

For more on Mayworks, visit www.mayworks.ca

On a personal note, this will be my last Urban Compass column for Metro Toronto. It's been a pleasure sharing my explorations of the city with you each week. You can continue to follow my investigations of the urban landscape in magazines and newspapers across Canada at www.liagrainger.com.

Labour expert Maureen Hynes talks about Toronto's tumultuous labour history as part of Mayworks. LIA GRAINGER/METRO

A droplet's rainbow ebb and flow

TOBIAS BRÄUNING

Picture perfect

Winning photo makes a splash

If water droplets were able to dance, you could imagine them doing this. The striking image, titled Dancing Queen, was taken by amateur photographer and software engineer Tobias Bräuning and was the winner of the open category at the prestigious Sony World Photography Awards 2012. **METRO**

60 seconds

Tobias Bräuning

What do you see here?
I imagine a figure, but not necessarily a human. It can be an alien too. What's most interesting in this image is that the shapes are completely random, never predictable.

How did you create these striking shapes?
I used electromagnetic solenoid valves to generate the drops. I also made the water move "slower" by increasing its viscosity: To do this, I added guar gum, a thickening agent used for food. This makes the droplets seem more elastic. I mixed in ink to give colour.

You must have used a very rapid shutter speed.
No, the shutter speed was just 1/20th of a second but the flash duration was 1/20,000th of a second – to "freeze" the water. All you need is the camera's shutter fully open when the flash is fired.

As a photographer, what do you want to tell the world?
I want to show the natural beauty of the world invisible to the naked eye, beauty that's not manipulated by Photoshop effects.
METRO

Shutter happy

"The first drop falls into the water, then the green splash comes up, colliding with a yellow drop. Some milliseconds later, the red drop arrives and also collides. Finally, a blue drop is arriving, captured short before touching the splash."

Tobias Bräuning

Four kids proud to be going to Disney World

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

"I'm going to Disney World!"

The phrase that has long been the domain of pro athletes is now being returned to its rightful owners — kids! Well, at least four kids in the Port Perry area can happily declare it. The two pairs of siblings — Chris and Jersey Kane, and Braeden and Taya Prosser — were awarded the dream vacation courtesy of the Port Perry Firefighter's Association. Through a variety of community comedy nights and golf fundraisers, the firefighters helped raise more than $2,000 to send the four kids and a chaperone on the trip: first to Toronto for a day of swimming and pizza, then on to Walt Disney World in Orlando, Florida, where they'll enjoy front-of-the-line privileges for a full day.

"They feel lucky that they were chosen to attend and I believe this is one memory they will keep with them always," says Margaret Ayres, the executive director of Big Brothers and Sisters of North Durham, who helped organize the trip. The winners were selected based on several criteria, including families' financial situation and past experiences.

CRAIG AND MARC KIELBURGER

Email us for more information and to get involved. Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we'll share them right here.

metro

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SCENE

Box office

Avengers assemble a box-office smash

Captain America tells the Incredible Hulk to do his smash thing in The Avengers, and that's just what the Marvel Comics superhero mash-up did at the box office, smashing the domestic revenue record with a $200.3 million debut. It's by far the biggest opening ever, shooting past the previous record of $169.2 million for the debut of last year's Harry Potter finale. The Avengers added $151.5 million overseas over the weekend to bring its total to $441.5 million since it began opening internationally a week earlier.

THE ASSOCIATED PRESS

On the web

Theo Fleury doc traces the highs and lows of the troubled hockey star on and off the ice

The Beastie Boys, seen here in a photo from 1989, changed music with their revolutionary sound. From left, Adam Horovitz (Adrock), Michael Diamond (Mike D) and Adam Yauch (MCA). Yauch died Friday morning at the age of 47 after a three-year battle with cancer. HANDOUT

Yauch: A music maverick

Remembering a Beastie Boy. Group's co-founder remembered as a dedicated activist and talented video director

CASSANDRA GARRISON AND PAT HEALY
scene@metronews.ca

After a three-year battle with cancer, Beastie Boys co-founder Adam Yauch died on Friday in New York at the age of 47.

According to Rolling Stone, Yauch, who went by the stage name MCA, was diagnosed in 2009 after he found a tumour in his salivary gland.

His health began taking a toll on his work with the band, and he hadn't performed live with the Beastie Boys since the summer of 2009. Last month, he sat out from the trio's induction into the Rock and Roll Hall of Fame.

Yauch was a pioneering member of the Beastie Boys, forming the group in 1979 with fellow New York City pals Mike "Mike D" Diamond and Adam "Ad-Rock" Horowitz

They began as a hardcore punk rock group, but by the mid '80s they had adapted to the rap style that would make them famous.

What made the Beasties so unique was not only their pioneering work with sampling and their dedication to evolving into a band who played their own instruments, but also their style of team rapping where even within a single line of a song, all three members might utter a different single word to make the line complete.

Check out Shadrach from their 1989 classic, Paul's Boutique. What makes this performance from Soul Train especially touching is the trio's salute to the show's host, Don Cornelius, who also died this year.

Yauch was also known for his activism in the free Tibet movement. He founded the Milarepa Fund, a non-profit organization dedicated to promoting awareness and activism regarding injustices perpetrated on native Tibetans.

He also organized the Tibetan Freedom Concerts.

Not only will MCA be remembered as the Beastie with the raspy voice and the social conscience, but also for his role in immortalizing the trio with his video direction.

His directing credits include So Whatcha Want, Intergalactic, Body Movin and Ch-Check It Out.

Condolences

Beastie Boys key part of Madonna's music history

Madonna says Adam Yauch, the Beastie Boys rapper who died Friday, was one of a kind and that the group was important to her musical history. The singer says the seminal hip-hop group was "integral to the musical revolution that was happening at the time." Madonna says she was sad to hear of Yauch's death and asked God to bless his family. The Beastie Boys opened for Madonna on tour in the 1980s, and the group was inducted into the Rock and Roll Hall of Fame last month.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

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The Word

THE WORD
Dorothy Robinson
scene@metronews.ca

Andy Cohen gabs with Metro

You know him as the outgoing Bravo host who fans the fire at Real Housewives reunion shows and presses celebrities with cheeky questions during games of Plead the Fifth on Watch What Happens Live. But Andy Cohen had a long, winding and often hilarious, road to his rise as a pop-culture guru and celebrity interview extraordinaire.

In his new book Most Talkative, Cohen opens up about dreaming of a life in television while watching All My Children as a kid, what it was like to live in fear of AIDS as a young gay man in the '80s and '90s, and working his way up the ladder from a CBS internship in New York City.

"I have all these great stories I've been telling friends for years," Cohen told Metro about his decision to write the book now. "I've just always wanted to tell them and I just felt like now was the time. I just needed a deadline, so I got one and then I went for it."

Cohen says his journal that helped him put together the pieces of his memoir.

"I kept a journal for 11 years that really helped when I was writing about coming out of closet. And when I looked back on it writing the book, it seemed overly dramatic but it was so sincere and truly how I felt. There were so, so many details from my time at CBS, what a jackass I was during my internship, my work with Dan Rather and lying to Oprah to get an interview and getting caught, staying in a clothing-optional resort when I went to Palm Springs to interview Tammy Faye Bakker."

So folks, if you're looking for a way to make it to the top of the industry, lie to your higher-ups and feel free to forgo your clothing — hey, it worked for Andy Cohen.

TODAY'S THE WORD WAS WRITTEN BY MEREDITH ENGEL WITH ADDITIONAL REPORTING BY CASSANDRA GARRISON

Congrats to one of our own

Longtime Metro gossip columnist Dorothy Robinson Scott gave birth to a beautiful baby boy over the weekend. We at Metro are incredibly proud of, and happy for, Dorothy and her husband, though we were a little offended that the couple did not take our suggestion and name the little one Great Scott.

Andy Cohen ALL PHOTOS GETTY IMAGES

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Drivers should look past loyalty as a means to saving money.

Many drivers assume that staying with the same insurance company for a long period of time leads to the best car insurance rates. While this may be true for some people who have a good driving profile and obtain loyalty discounts, it is not always the case. The rates charged by different insurance companies to insure the same driver, with the same car, for the exact same coverage, can vary by hundreds and even thousands of dollars. And with so many insurance companies providing car insurance in Ontario, odds are you are not currently insured with the company that offers the best rate for your driving profile.

One of the ways insurance companies try to keep customers around is by offering perks to loyal customers. Often insurance customers believe that by looking for a new insurance policy they will wind up paying more since they'll have to forfeit any loyalty discounts and perks they have earned. In many cases, however, a lower rate with another insurance company could save you money because the rate difference offsets any earned loyalty rewards from your current company. There is no risk to taking some time to shop around and get insurance quotes. And your current insurer will not know that you are looking, unless you tell them. Comparing car insurance quotes will give you a better idea of how your current rate stacks up in comparison with what is available at another company.

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3 LIFE

DIY

Homemade popsicles

I went a bit overboard this week and ended up with three containers of strawberries that were in danger of going bad. So, obviously, the kids and I made popsicles. Now, you can too.
You'll need: one large container of strawberries, washed and hulled; half a cup of simple syrup made by combining equal amounts of sugar and water in a pot, bringing it to a boil until the sugar dissolves; and one cup of water.
Mix the ingredients together in a blender. Pour it into popsicle molds, freeze and enjoy. After pouring the kids' popsicles, I had strawberry mix left over. What's a mom to do? Well, if you're anything like me, you add half a cup of vodka, mix it in the blender so it's evenly distributed, pour the mixture into popsicle molds, and let it freeze (then salivate in anticipation).
Helpful hint: always use different easily-identifiable molds when making vodka popsicles, for obvious reasons.

SHARON DEVELLIS, YUMMYMUMMYCLUB.CA

On the Web

Skeptics question whether Vogue went far enough to promote healthier models

Health

Do dads get depressed, too?

We're all guilty of it. We want men to show their sensitive sides, yet when they do, we tell them to buck up.

Interestingly, though, it's possible — at least according to an Oxford University study — that dads may also suffer from some sort of postnatal depression.

To most, it seems off to suggest men get the equivalent of postpartum depression (PPD) with its clear physiological triggers, but some are afflicted by an equally real depression as a result of the new stresses and lifestyle changes of their new role. And yet, there still exists a 'suck it up' attitude that forces men to internalize their emotions instead of getting treatment.

JULIE GREEN, YUMMYMUMMYCLUB.CA

Study suggests new dads can suffer from a form of depression. ISTOCK

Money

Paying your babysitter

How much should you pay a babysitter? Here are some easy tips to help you decide:

- How many kids will the babysitter be responsible for? More children may mean more money.
- Sometimes, special needs means a special babysitter. Some kids who have medical, developmental or other needs may require a caregiver with specific training, which usually means a higher fee.
- Are you expecting the sitter to engage your kids in play the whole time or will the sitter only have to push play on the DVD and watch for fires?
- Be upfront with your sitter — ask her what she charges.

CAROLINE FERNANDEZ, YUMMYMUMMYCLUB.CA

Ready to reveal your baby's gender? Keep it trendy

Boy or girl? Here are some ways of making the big announcement to friends and family

LISA THORNBURY
yummymummyclub.ca

Gender reveal parties are all the rage right now. They're all about finding unique and creative ways to share the "boy or girl?" news with family and friends. Instead of finding out their baby's gender at the doctor's office, many parents are now opting to be surrounded by loved ones at a party to discover the news.

If this sounds like you, here's what you need to do to make it happen. First, ask your doctor to write the sex of the baby on a piece of paper. Don't peek — put it in an envelope! Hand the envelope over to a special friend or family member who you know can keep a secret. Ask him or her to help you plan one of these three parties:

Gender Reveal Cakes
Have your secret-keeper deliver the piece of paper to a baker and have the bakery make a cake — neutral on the outside, but either pink or blue on the inside. When you cut into the cake, everyone will find out if a son or daughter is on the way.

Balloons In A Box
Ask your friend in-the-know to fill a box with balloons. Open to reveal the pink or blue surprise!

Unwrap a Gift
Ask the entrusted friend to wrap a onesie or a teddy bear (pink or blue depending on the gender) as a present. You will then open the box at the party and find out right along with everyone else.

If you might be disappointed if the "wrong" sex is revealed, you might want to find out the sex with your spouse privately before the party so you are prepared to celebrate when everyone else finds out.

A fun touch would be to have guests wear either pink or blue to indicate their gender prediction. The losing team cleans up after the party.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD

More party tips

- **Name it.** Call it a Lad or Lassie Party, a Pink or Blue Do or a Daughter or Son Soiree. But whatever you do, don't call it a Sex Party — that will surely make great-grandma Gertie a little bit uncomfortable.

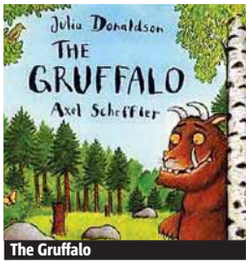
Looking for a chic way to reveal your baby's gender? Throw a party. ISTOCK

Add these must-read picture books to your shelf

We surveyed yummymummyclub.ca readers and asked them to share their all-time favourite children's picture books. Here are a few must-haves:

The Gruffalo by Julia Donalson

Just what is a Gruffalo? "He has terrible tusks, and terrible claws, and terrible teeth in his terrible jaws." Or maybe he's not real at all and a silly mouse just made him up. Or maybe he is real, after all. Mystery!



The Gruffalo

The Paper Bag Princess by Robert Munsch

This is definitely not your average princess story — no, indeed. Princess Elizabeth and Prince Ronald do not live happily ever after at the end of this tale, as Prince Ronald is unhappy with the way the strong and awesome princess looks after battling and outsmarting dragons.

The Paper Bag Princess

Where the Wild Things are by Maurice Sendak

Let the wild rumpus begin! Max takes on a great adventure to the place where wild things are. It will almost make your kids want to get sent to their rooms without dinner. Almost.

Where the Wild Things Are

Stellaluna by Janell Cannon

Oh, Stellaluna, the little fruit bat who loses her way and gets adopted by birds. Her bird friends are confused by the differences between bats and birds. "How can we be so different and feel so much alike?" one asks.

Stellaluna

YUMMYMUMMYCLUB.CA

Quince-Filled Chocolate Marzipan Bonbons

1. Line a plate with parchment paper. Cut tube of marzipan into 14 equal portions. Form each into round, shallow cup. Fill cup with about 2 ml (1/2 tsp) of quince paste, then carefully fold sides of cup up over filling and roll in your hands to form a tight ball. Set aside.

2. Place chocolate melts in microwave-safe measuring cup. Microwave on high 1 minute, stopping every 20 seconds to stir, or until completely melted.

3. One at a time, use fork to lower marzipan balls into melted chocolate. Use the fork to lift it from the chocolate, tapping gently on the side of the cup to remove excess chocolate, then carefully set bonbon on prepared plate.

4. If you want to sprinkle a dry coating on bonbons, such as salt or candy sprinkles, do so immediately. Otherwise, coat remaining bonbons, then let them dry and harden. The drying can be sped up by placing plate in refrigerator for several minutes. If desired, melt a small amount of a second colour of candy melts, then drizzle this over hardened bonbons to decorate.

THE ASSOCIATED PRESS

Ingredients

- 1 tube marzipan (about 200 g/7 oz)
- 30 ml (2 tbsp) quince paste
- 125 g (4 oz) chocolate melts (any colour)

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For those days when you're too tired to cook, reaching for a ready-made soup is a natural choice. Watch which can you grab, though.

Campbell's Chunky Chicken Corn Chowder (1 cup)

240 calories/ 11 gm fat/ 650 mg sodium

Even though it's filled with veggies and chicken, there's also the addition of cream, which adds to the calories and fat.

Equivalent

One cup of Campbell's Chunky Chicken Corn Chowder is equal, in fat, to 11 chicken skewers from Blue Menu.

Campbell's Chunky Chicken Vegetable (1 cup)

150 calories/ 5 gm fat/ 630 mg sodium

This veggie-based soup comes in with less calories and half the fat than the chicken corn chowder.

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Healthy male research volunteers, on no medication, needed for a research study at the Toronto General Hospital. Aged 18-60 years.

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- You will be financially compensated $600.00 for your time

If interested please contact the study coordinator at 416-340-4800 ext. 8886

University Health Network

2012 TTC Public Forum on Accessible Transit

You are invited to give us ideas on how to make the Toronto Transit Commission's (TTC) services and facilities better for people with disabilities.

Thursday May 10, 2012
7:00pm to 9:30pm

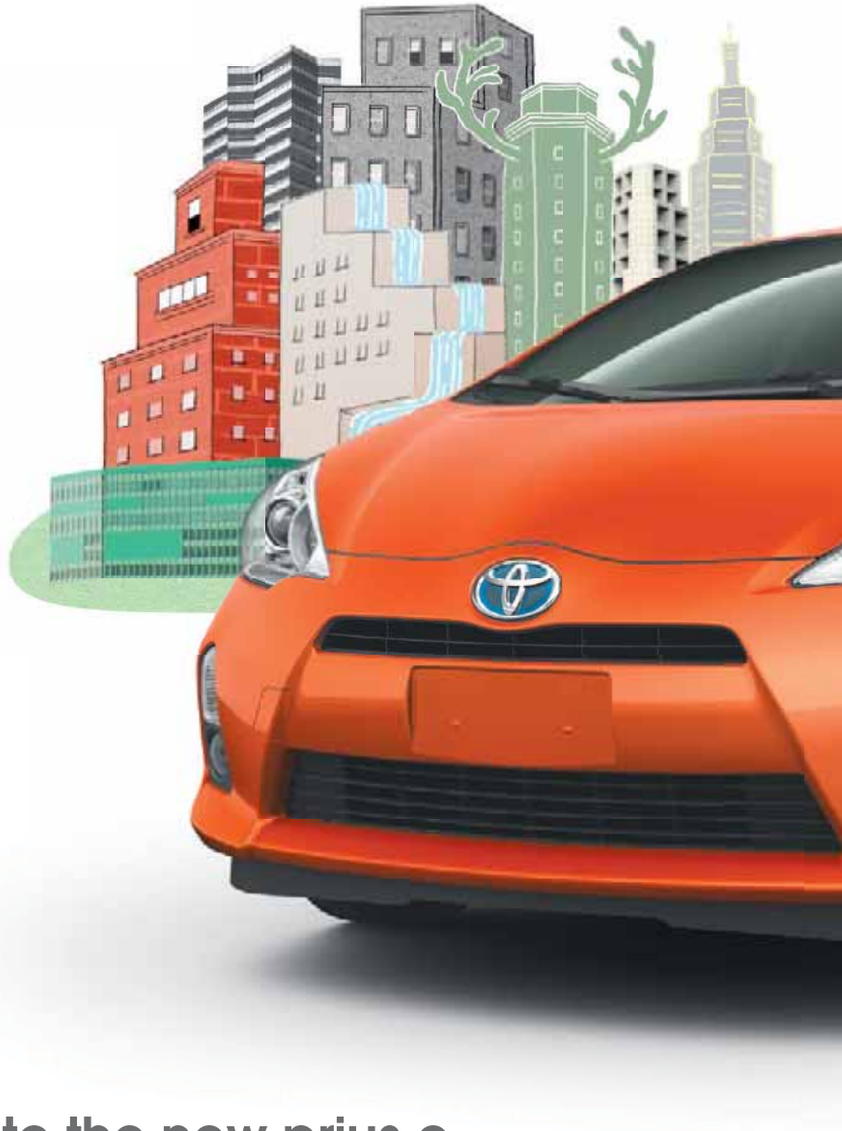
Queen Elizabeth Exhibit Hall
Exhibition Place - 180 Princes' Boulevard

An accessible shuttle bus service will operate from accessible Bathurst Station to the Queen Elizabeth Hall starting at 6:00pm. Return buses will start at 9:30pm. Regularly scheduled accessible bus service is also available on the 29 Dufferin bus route. ASL, captioning and attendants will be available.

If you cannot attend, but would like to contribute suggestions about TTC conventional and Wheel-Trans services, call 416-393-3030 (TTY at 416-481-2523) daily, 7:00 am to 10:00 pm.

www.ttc.ca **416-393-INFO (4636)**

prius c



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- With an MSRP starting from $20,950†, it's the least expensive hybrid in Canada.
- Its luxurious interior is just as impressive as its exterior. Get ready to turn heads and feel great every time you take it for a drive.

*Based on 2012 Fuel Consumption Guide ratings published by Government of Canada. Actual fuel consumption may vary. † Prius c Technology model with Premium Packa

clever, compact and built for any city

starting from $20,950†

when it comes to premium subcompact vehicles, there's one thing that's been missing: Toyota's proven 3rd generation Hybrid Synergy Drive.

The Prius c is finally here, and it completely redefines what you'd expect from a premium subcompact hybrid. Not only is it packed with cutting-edge technology that includes a 3.5-inch full colour display and hands-free phone capability, its low center of gravity and sleek, aerodynamic body allow you to handle the tight corners and small spaces in any city. With Prius c, you'll feel like you completely own the road.

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age shown with a MSRP of $25,340. MSRPs do not include freight and PDI ($1,565), license, insurance, registration, applicable taxes, levies and fees. Dealer may sell for less.

GOODSHOOT/THINKSTOCK

ISTOCKPHOTO/THINKSTOCK

HEALTHY BALANCE

THE CONNECTION BETWEEN PHYSICAL WELL-BEING AND MENTAL HEALTH IS REAL

Our physical and mental health are fundamentally linked. So why do so few people make the connection, whether they suffer from these problems themselves, or care for someone who does?

It has to do with the way our society deals with physical and mental health, says Peter Coleridge, national CEO of the Canadian Mental Health Association (CMHA).

"We tend to talk about our physical and mental health problems separately," he explains. "We rarely view them as linked, and our health services and funding are structured to support this view."

Many of the factors essential to good physical health may be impacted by poor mental health, and the opposite is also true. For example, quality of sleep, physical activity levels, access to healthy food, participation in social activities, and broader factors, such as employment and housing, all impact a person's overall health and well-being.

FUSE/THINKSTOCK

It is imperative that we deal more effectively with these risk factors. Studies show mental health problems cost $4.9 billion annually, due mostly to lost productivity and long-term disability claims. Another $1 billion is spent on hospital visits, doctors' fees, and medications. Improving awareness about the link between physical and mental health is one way to ensure these problems are discovered and treated before they grow severe.

"Many people with mental health problems have limited access to health services and are less likely to seek help due to stigma and discrimination," says Coleridge.

"We must understand there is no health without mental health — so that governments, policy-makers and service providers improve access to adequate supports and services for mental health and mental illness.

"This will maintain and improve our mental health and overall health and well-being, make it easier to detect and mitigate developing mental health problems, and support recovery from mental illness. It will also make it easier for people with mental health problems — and their caregivers — to build resilience and manage their overall health."

CMHA's Mental Health Week is May 7-13. This year's theme is "mental health for all" — a reminder that good mental health is achievable for everyone. To learn more, visit **mentalhealthweek.ca**.

BREAKING DOWN THE BARRIERS OF MENTAL HEALTH

The Ontario Mental Health Helpline creates a whole new level of accessibility and support!

"I'm not sure if this is the right phone number but I really don't know where to start" is a common refrain heard by the Information and Referral Specialists who answer the Mental Health Helpline.

Finding answers when feeling overwhelmed and struggling with a mental illness or trying to find help for family and friends can be difficult when you don't know how or where to begin. The Mental Health Helpline provides information about mental health services in Ontario. The helpline is funded by the Government of Ontario and the service is live answer 24/7, confidential, free and anonymous.

A helpful Information and Referral Specialist will answer calls, email or web chat 24/7.

"Our interaction goes beyond providing correct information; it's about taking time to truly hear what a caller needs", says Tricia Korbut, Supervisor of the Mental Health Helpline, a service of ConnexOntario. ConnexOntario also runs the Ontario Problem Gambling and Drug and Alcohol Helplines. "If you've never had to reach out for help before or were afraid to seek help because of the perceived stigma of mental illness, then making that first phone call can be a leap of faith."

Patiently, specialists will help explore the issues and find the services that are needed in all types of unique situations.

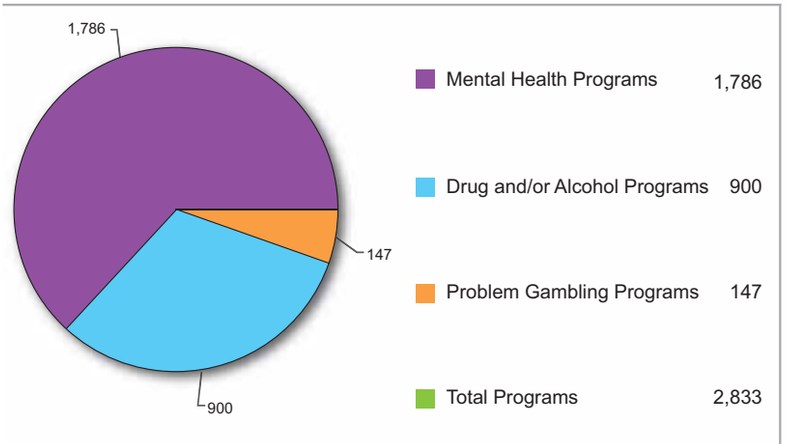
"No two calls are the same. We've heard some traumatic stories and heartache but we've also heard stories of resiliency and success", says Tricia. "Often the simple act of listening is cathartic. Being heard, respected and understood builds the foundation for a successful call and increases the likelihood that the caller will continue to reach out to services in their own community."

1 in 5 Canadians will experience a mental health issue in their lifetime!

Almost 50% of calls come from family members or concerned friends!

Reaching out for help can be a difficult first step. Besides the telephone, the Mental Health Helpline can be reached via email or webchat.

Not everyone has access to a phone or feels comfortable communicating by phone, so being able to provide alternatives is valuable. The medium may be different but the goal is the same—accurate information, delivered in a timely manner by professionals who care.



Graph showing the amount of programs in the ConnexOntario Database. Courtesy of ConnexOntario's eServices portal.

Mental Health Helpline

1-866-531-2600

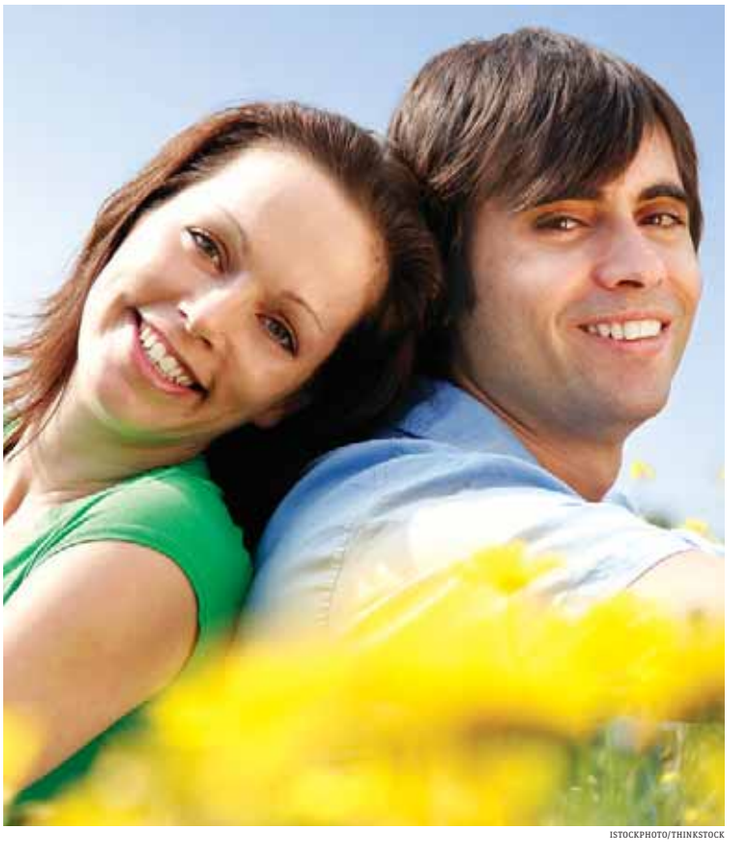
www.MentalHealthHelpline.ca

Search for @ConnexOntario on Twitter or ConnexOntario Health Services Information on Facebook

Ontario

THERE'S NO REAL HEALTH WITHOUT MENTAL HEALTH

CMHA, ONTARIO LAUNCHING 'READ YOUR MIND' CAMPAIGN WITH AIR MILES



ISTOCKPHOTO/THINKSTOCK

Over the past few decades, the rise in fitness regimens and health foods to keep your body in top physical shape has certainly grown in popularity, but we also now know that it's just as important to keep your mind strong, healthy and active as part of overall health and well-being. Because we know that there can be no real health without mental health.

This year, to kick off the 61st annual Mental Health Week (May 7-13), Canadian Mental Health Association (CMHA), Ontario is launching a "Read Your Mind" campaign designed to help encourage Ontarians to learn more about their own mental health, have fun while doing it, and earn AIR MILES reward miles, too.

The focal point of the campaign is a unique, new Facebook-based self-assessment tool that helps users look at common triggers that could affect an individual's mental health and gauges them against key areas of happiness, including ability to enjoy life, flexibility, resilience, balance and self-actualization.

Ontarians are encouraged to take the self-assessment and share the non-diagnostic tool with their friends, family, and colleagues to help promote better mental health awareness. In addition to learning more about their own mental health, Ontarians will have the opportunity to earn AIR MILES reward miles while doing so.

"The driving action of the campaign is to promote good mental health on both a personal and community level, because this issue touches each and every one of us, every single day — one in five Canadian adults under 65 will have a mental health problem in any given year. This means you, a family member, a friend, a neighbour, or a colleague," says Lorne Zon, CEO at CMHA, Ontario.

"We want to provide an opportunity for Ontarians to join the cause to build greater awareness around mental health and mental illness, share the self-assessment tool with their friends and family, and help reduce the stigma surrounding mental illness."

CMHA, Ontario invites everyone to visit the CMHA, Ontario Facebook page at **facebook.com.cmha.ontario** on Wednesday, May 9, from 7-8 p.m. for a live online video chat with Arthur Gallant. Please send your questions or comments to Gallant via Facebook and on Twitter **#cmhaMHW**. Gallant, 22, is a former crown ward of the Children's Aid Society who lives with clinical depression and anxiety.

Gallant has been an outspoken advocate for the rights of children and youth receiving government funded services and mental health services. The child of an intellectually disabled parent, Gallant has been very public sharing his story and struggles with the hopes of reducing the stigma surrounding mental illness and educating the public about the challenges those with mental health difficulties face.

Gallant has appeared on TVO's The Agenda with Steve Paikin, in the Toronto Star, and in the just released feature length documentary, Working Life, produced by Skyworks Charitable Foundation in partnership with Oolagen Youth Mental Health about four adults who grew up in families struggling with mental health difficulties.

Learn more at **ontario.cmha.ca**.

SELF-ASSESSMENT

Take the "Read Your Mind" self-assessment on CMHA, Ontario's Facebook page at **facebook.com.cmha.ontario**. Learn more about your own mental health and you could earn AIR MILES reward miles.

Having Trouble Sleeping with Depression?

If you are: Between the ages of 21 and 64, and have both depression and trouble falling or staying asleep at night, you may be eligible to participate in a treatment study at the Ryerson Sleep & Depression Lab.

Compensation up to $600

For more information call: Olya at 416-979-5000 Ext. 2185

RYERSON UNIVERSITY

Trouble Sleeping?

If you;
- Are 40 years or older
- Have trouble falling asleep or staying asleep or both
- Experience trouble sleeping for at least 3 nights per week for at least 6 months

You may be eligible for treatment in a research study.
No medication involved. Participation is voluntary.

Please call: 416-979-5000-1 ext 2568
E-mail: cardiac.insomnia@ryerson.ca

Location: Ryerson University, Health Intervention Research Center. Funded by the Canadian Institutes of Health Research

RYERSON UNIVERSITY

camh Centre for Addiction and Mental Health

PARTICIPANTS NEEDED

In the past, did you ever experience a lengthy time of:
- Feelings of sadness
- Sleeping too little or too much
- Loss of energy
- Weight loss/gain
- Difficulty thinking **... and are now recovered from it?**

Are you currently not taking antidepressant treatment?
If so, you may be eligible to participate in a PET brain imaging study at the Clarke Division of the Centre for Addiction and Mental Health.

Participants must be:
- Aged 19-50
- Non-smokers
- In good health
- Not taking any medication or illicit substances

COMPENSATION PROVIDED.
PLEASE CALL: (416) 535-8501 EXT.6341 & PRESS 1

DEPRESSED?

If you are currently depressed and 18 - 65 years old, you may be eligible to participate in a novel study on using *low dose medication* to enhance the body's own natural brain chemistry.

For information, visit: AntidepressantTrial.com, or call our Clinical Trials Office:

416.340.4800 EXT 8839

No compensation provided

University Health Network

SADLY MISUNDERSTOOD AND MISDIAGNOSED

STATS SHOW THAT ONE IN NINE CANADIANS SUFFER FROM PTSD

Ute Lawrence knows how isolating post-traumatic stress disorder (PTSD) can be. After she survived one of the most horrific highway accidents in Canadian history, she created the PTSD Association of Canada, the first PTSD organization in North America not solely focused on the military.

PTSD can affect anyone who has had a traumatic or life-threatening experience. Statistics show that one in nine Canadians suffer from PTSD at some point in their lives and that almost 40 per cent of adults in the general population have been exposed to at least one traumatic event by age 13. Almost 20 per cent of men and 25 per cent of women report having directly experienced or witnessed violence by the time they have reached age 13.

These traumatic events range from combat/military experience, child sexual/physical/verbal abuse, natural disasters, terrorist attacks, serious accidents, divorce, loss of a loved one, serious illness, and many other causes.

PTSD is sadly misunderstood and misdiagnosed. The good news is that PTSD is treatable. Unfortunately, many health-care providers are not always able to link the symptoms with the diagnosis. Making people aware of PTSD, including individuals whose loved ones have experienced a traumatic situation, is one of the best ways to assist in an accurate diagnosis. Accurate diagnosis can lead to treatment and, eventually, healing, growth and recovery.

"MAKING PEOPLE AWARE OF PTSD, INCLUDING INDIVIDUALS WHOSE LOVED ONES HAVE EXPERIENCED A TRAUMATIC SITUATION, IS ONE OF THE BEST WAYS TO ASSIST IN AN ACCURATE DIAGNOSIS."

It's discouraging that we are still seeing people suffering from PTSD being misdiagnosed as having depression or anxiety and ending up with anti-anxiety drugs, anti-depressants or sleeping pills.

Most are doomed to a lifetime taking these drugs without the cause ever being explored.

In many cases, people suffering from PTSD, who have never had their condition fully explored, develop a dependence on alcohol and illegal drugs to numb their pain.

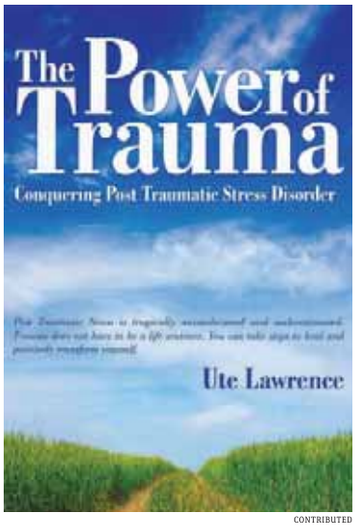
It's a mistake to believe things will simply get better over time.

If someone had suffered a deep gash on their forehead during an accident, no medical professional would have left the open wound bleeding, expecting it to simply heal.

This is also true with the wounds of PTSD, with the exception that they are invisible to the world. They, too, need the proper treatment, care and enough time to heal.

For more information on causes and symptoms of PTSD, visit ptsdassociation.com/about-ptsd.php.

Ute Lawrence is the author of The Power of Trauma: Conquering Post Traumatic Stress Disorder, which is available on amazon.ca.



CONTRIBUTED

The Medicine Shoppe PHARMACY

The Medicine Shoppe Pharmacy
proudly supports
The Canadian Mental Health Association

Murray Whitby, VP of Medicine Shoppe Canada presents cheque to Peter Coleridge, National CEO of The Canadian Mental Health Association.

I exercise alot.
Paul, 52, Manager

Hang out with my kids. They keep me balanced. Jyoti, 44, Teacher

I like being creative. It's my drug.
Zile, 67, Artist

I force myself to go out and stay social.
Behzad, 30, Grad Student

What do you do for your mental health?

Do more for yourself everyday. Because good health includes mental health. The Canadian Mental Health Association proudly kicks off its 61st annual Mental Health Week – May 7th to 13th. It's time to talk, reflect, engage and celebrate mental health for all. Find out more at www.MentalHealthWeek.ca

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Canadian Mental Health Association | Association canadienne pour la santé mentale

Leap of faith leaves a big imprint on franchise owner

Copy that. Iain Scott encourages other entrepreneurs to be unafraid to take chances

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Iain Scott is an area developer and franchise owner for Instant Imprints in Winnipeg. PROVIDED

He arrived from Scotland in 1986 with experience in the printing industry and a flair for business.

Finally after working for someone else for 30 years Iain Scott did what many of us long to do: he quit and started his own company.

Combining his printing experience with an established franchise, he opened his first UPS store in 2006 in Winnipeg.

The one-stop shop for small business owners with printing and photocopying needs was a hit and within three years, Scott's store was number one in the region.

"You have to be an optimist. We had two girls in private school and a mortgage but I firmly believed we had something and we could make a go of it."

Today, Iain has started a second franchise called Instant Imprints which will help business owners with branding and promotion.

"Being an entrepreneur gives you determination over your own future," he notes. "At the end of the day, you're building equity and it will become an investment for your retirement."

High hopes

"You have to be an optimist. We had two girls in private school and a mortgage but I firmly believed we had something and we could make a go of it."
Iain Scott, business owner

Expert advice

Iain Scott's key tips for business success:

- Franchising helps build business success with a proven business model.
- Research the market and research it again. Prepare a business plan and have it reviewed by peers and professionals.
- Deliver on time every time. Make it happen!
- Check quality and never allow your product to leave unless it is perfect.
- Network. Let people know you are in business and promote your services.

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*Subsidized Courses Offered

On the shelf

The 4 Disciplines of Execution: Achieving your wildly important goals

When you want something to change, you set a goal, whether it's personal or at the workplace. Maybe you want to lose some weight, get a promotion at work or set up a new initiative for you employees.

According to the three authors, their new book The 4 Disciplines of Execution outlines a proven method to achieving your goals, whatever they may be.

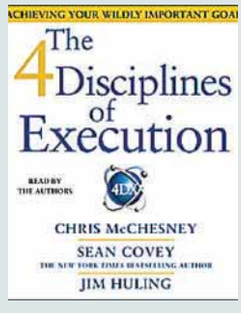
The 4 Disciplines of Execution are: focus on the wildly important, act on lead measures, keep a compelling scoreboard and create a cadence of accountability.

In other words, concentrate only on one or two big goals at a time, don't overthink it, make sure everyone is in the same boat, and communication is key.

The book is thick, dense and wordy. It is very thorough and well-researched.

If you are a business leader, entrepreneur or need motivation in your life, The 4 Disciplines of Execution is an invaluable resource.

DELIA MACPHERSON



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BRUCE WALSH
life@metronews.ca

In 2007, Konstantinos Bastas was managing his parent's diner on the Upper East Side of Manhattan, but found himself daydreaming of an alternative career.

"I knew restaurants weren't the route I wanted to take, but I always enjoyed interacting with people — making sure our clients were well taken care of. So the hospitality gene was always in me," says Bastas.

He initially considered applying for an MBA program, but then discovered the M.S. in Hospitality Industry Studies at NYU. Bastas completed his degree last year. After a short stint at the Ritz Carlton Central Park, he founded his own luxury travel consultant business, Bastas Travel Consultants.

"A master's degree teaches you the practical stuff: hospitality formulas, marketing, revenue management.

But the most important thing for me in those two years is relationship building — having professors who are industry leaders, and being around other students who are involved in the industry."

Born for the business

"I knew restaurants weren't the route I wanted to take, but I always enjoyed interacting with people — making sure our clients were well taken care of. So the hospitality gene was always in me."

Konstantinos Bastas

Think you can provide better service? Consider hospitality studies. ISTOCK

Is hospitality the right fit for you?

Dr. Elizabeth H. Barber is the associate dean of the School of Tourism and Hospitality Management at Temple.

- **What skills should a person have before they consider this degree?** They've got to be a people person. It's pretty hard to not be surrounded by people in this industry. In hospitality, sometimes people are mad at you, so you better be pretty resilient. You need to be flexible, like to move, go where the jobs are.

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metro

NURSING WEEK

Monday, May 7, 2012

Employers are holding internal events and each provincial association is organizing events to mark National Nursing Week. The CNA lists some regional events on its website (cna-aiic.ca). THOMAS NORTHCUT/DIGITAL VISION/THINKSTOCK

Nurses are involved in every stream of society

JON TATTRIE
For Metro

The first image many people have of a nurse is of a harried health professional dealing with urgent situations in a hospital, but nurses work in almost every sector of our lives, says the executive director of the Canadian Nurses Association (CNA).

Rachel Bard, who previously worked in the New Brunswick government, says it starts in the community with health promotion and illness prevention work via the school system. Nurses also work in nursing homes, private homes, psychiatric institutions and as "street nurses" reaching out to homeless people.

"Nurses week is really a mechanism to profile the contribution that nurses bring to the health-care system," she says. "With 266,000 registered nurses working across our nation, nurses are directly involved with patients, families and communities. Nurses are involved in every level and every stream of society."

Bard says nurses play an important role in contributing to the policy level of health care in Canada. She points to the work with P.E.I. Premier Robert Ghiz where nursing organizations are helping shape best practice policies and developing models of care in the province. The collaborative approach with government, nurses and doctors is spreading across Canada, she says.

"It's a positive step of including nurses in such an important area of trying to transform how we do business and bring some standardized approach across the country," Bard says.

The CNA also lobbies the case that nurse practitioners — registered nurses (RNs) with advanced training and capabilities — should be used to improve access to health care and reduce wait times in rural areas that do not have good access to primary health-care providers such as doctors.

Judith Shamian, CNA's president, says nurse practitioners (NPs) can provide high-quality care for patients, order tests, prescribe medications, and diagnose and manage chronic illnesses.

They work in a wide variety of settings including community clinics, doctor's offices, nursing homes, and hospitals.

"As Canadians, we're proud of and grateful for this country's health-care system, but it's time to recognize we deserve even better," she says.

You will get thanked every day as a nurse

Career. Work with people who will experience a full range of life's highs and lows

JON TATTRIE
For Metro

Nursing is one the "greatest and hardest" careers available, says Linda Silas, president of the Canadian Federation of Nurses Union.

"You have to love people — individuals, families and communities," she says.

Nurses work with people experiencing the full range of life's high and lows — from victims of traumatic attacks or accidents in the emergency room to families celebrating the birth of their child in the maternity ward to the elderly preparing to die. There are also nursing careers in public health and mental health, as well as in-home care or at care facilities.

Silas says the average nurse changes jobs every seven years. Their basic education as a registered nurse, licensed practical nurse or nurse practitioner, works in a wide range of jobs, but specific positions may require skills upgrading.

Silas says having more well-trained nurses helps everyone.

"It's a dual benefit. Our communities benefit the more nurses they have," she says.

"And for the individual who becomes a nurse — there are not many professions where you will get so many 'thank yous' every day."

It's a challenging profession, she says, as many nurse jobs require 24/7 coverage and so nurses will work day shifts, back shifts, weekends and holidays.

"And working in very stressful situations," she adds.

Silas says two years ago, every nurse graduate walked into a job. Today, provincial budget cuts means it is a little harder to find the job you want where you want it, but there is still a lot of work, with more coming.

"The Maritimes, Alberta and Saskatchewan are the areas where the job openings are more numerous," she says. Would-be nurses in the rest of the country may have to move to another area in their province or territory and start on a casual or part-time basis.

Silas says it works in cycles and while the market is tighter now, it is likely to turn around as senior nurses retire. The average age of a nurse is 48, meaning new jobs will begin to open up over the next decade or so.

"You can't exchange us for machines. We will need as many nurses in the hospital sector, in the community and long-term-care sector, so jobs will come," she says.

Training

- Training for some aspects of nursing varies across Canada, but the basic registered nurse (RN) training takes between 18 and 24 months of university or college to earn a baccalaureate of nursing. An RN must then register with the regulatory body in the province or territory in which they will work.

Nursing is a challenging, but rewarding, career and jobs will continue to be available as senior nurses begin to retire. ISTOCKPHOTO/THINKSTOCK

Nurses at St. Michael's Hospital deliver knowledgeable care through best practice guidelines

Today and every day we thank our more than 1,600 nurses for their unwavering commitment to our culture of caring and innovation. Thanks to their hard work and dedication, St. Michael's is proud to be designated a Best Practice Spotlight Organization by the Registered Nurses' Association of Ontario (RNAO). Our nurses enhance quality patient care outcomes through the implementation of evidence-based practices.

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Save some green by driving green

BEN KNIGHT
life@metronews.ca

The arguments in favour of driving an eco-friendly car get stronger every day. But as soon as your heart is set on a hybrid, electric or clean-diesel vehicle, your wallet becomes concerned about financing.

The good news is that green vehicles are becoming more and more affordable, and now one of Canada's biggest banks has launched a new program to help you drive cleaner — for less.

"We found, through research and just talking to our customers, that there was real void out there in terms of our customers finding out how they could make greener choices, and at the same time save some money," says Kaz Flinn, vice-president of corporate social responsibility for Scotiabank. The EcoLiving Auto Loan program was announced in late March. It offers a quarter of a percentage point off the bank's standard lowest fixed rate.

"It's one component of our larger Scotiabank EcoLiving program," Flinn explains.

"The program is based on a lot of residential issues — renovations and things like that. But where we noticed there's also a growing interest with customers was in making purchases of more efficient automobiles."

We're entering a time of year where the auto industry traditionally does good business. For an ever-increasing number of Canadian motorists, the time to decide whether to step away from a traditional gas-burning car is now.

"This is spring, and sales are picking up, and I certainly see that the number of sales of hybrids or electric cars is increasing," Flinn says. "And there is a growing increase in clean vehicles, and consumers need information to make financial choices."

The loans are available at the bank's partner dealerships across Canada, so your car and finance questions can be handled simultaneously.

"This is about Canadians making green choices that will save energy and save money," Flinn concludes.

"I think they are very in tune with fuel prices, and with the environment and wanting to contribute something. And if there are choices out there for them and opportunities are given to them to be able to make the green choice, then they're looking towards that. We want to help them — from a competitive-pricing point of view." For more info. visit ecoliving.scotiabank.com.

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Queen of Green

Toxic home cleaners

QUEEN OF GREEN
Lindsay Coulter
green@metronews.ca

What's the difference between sodium lauryl sulfate (SLS) and sodium laureth sulfate (SLES)? Jolene — Winnipeg

SLS and SLES play similar roles in home cleaners and cosmetics. You can often find both of these surfactants or foaming agents in dish soap, liquid laundry detergents, toilet-bowl cleaners, shampoos, bubble bath and facial cleaners.

SLS is a skin, eye and respiratory tract irritant that Environment Canada has also categorized as inherently toxic to aquatic organisms, flagging it for further assessment.

To make SLS less irritating, it is often ethoxylated (by adding ethylene oxide), resulting in the modified compound of SLES. But SLES is also a concern because it can be contaminated with 1,4-dioxane, which may cause cancer (according to the International Agency for Research on Cancer), and it stays in the environment for a long time. Contamination occurs during the process of ethoxylation.

Contamination can occur during the process of making both petrochemical-based cleaners and some plant-based ones. Adria Vasil, author of Ecoholic Home, notes that even some organic dish soaps contain troubling levels of 1,4-dioxane. The good news is that many brands — from Seventh Generation to Whole Foods' 365 to Ecover — either had only trace amounts or have reformulated their products.

Learn more about toxic ingredients to avoid in home cleaners, and how to choose safer options — join us for the last week of our Spring Breakup campaign at springbreakup.ca.

When you sign up, you'll be entered for a chance to win the grand prize: a $300 Rona gift certificate and a Queen of Green home makeover! Yes, I'll actually come to your home and help you green your life.

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Sports in pictures

1 **Golf.** Fowler fares well at Quail Hollow

Rickie Fowler, billed as one of the rising American stars, delivered a clutch shot on the 18th hole in a playoff for a four-foot birdie to beat U.S. Open champion Rory McIlroy and D.A. Points on Sunday in the Wells Fargo Championship.
THE ASSOCIATED PRESS

2 **MLB.** Darvish suffers first defeat in Ohio

Ubaldo Jimenez pitched seven scoreless innings and the Cleveland Indians handed Yu Darvish his first major-league loss in a 4-2 victory over the Texas Rangers on Sunday.
THE ASSOCIATED PRESS

3 **Soccer.** Touré moves City closer to EPL title

Yaya Touré scored twice Sunday to give Manchester City a 2-0 win at Newcastle that makes his side the firm favourite to win the English Premier League title.
THE ASSOCIATED PRESS

Albert Pujols watches his first home run of the season leave Angels Park on Sunday. JEFF GROSS/GETTY IMAGES

MLB. Pujols ends streak of futility vs. Jays

Albert Pujols finally hit a home run for the Los Angeles Angels, ending the longest power drought of his career Sunday in a 4-3 win over the Toronto Blue Jays.

Pujols connected in the fifth inning for his first AL homer and his 446th overall.

The three-time NL MVP had gone 33 games and 139 at-bats dating to last year without a home run in the regular season. He had a three-homer game for the St. Louis Cardinals in the World Series and hit seven home runs in spring training.

Pujols drove a 2-2 pitch from right-hander Drew Hutchison into the left-field bullpen for a two-run shot. Mike Trout doubled ahead of the home run.

Pujols homered in his 28th game and 111th at-bat with the Angels, who signed him to a 10-year, $240-million US contract as a free agent in December and touched off a frenzy that resulted in more than 5,000 extra season tickets being sold.

Jerome Williams (3-1) was charged with three runs and eight hits in 6 2/3 innings.

Hutchison (1-1) gave up four runs and eight hits in 5 1/3 innings. THE ASSOCIATED PRESS

Sunday's game

4	3
Angels	Blue Jays

Quoted

"I don't think anything's been lifted off my shoulders, man."

Angels first baseman Albert Pujols

Kings sweep away Blues

NHL. Brown, Quick lead L.A. to conference finals for first time since Gretzky era

Game 4

3	1
Kings	Blues

Dustin Brown scored two goals, Jonathan Quick made 23 saves, and the eighth-seeded Los Angeles Kings finished an improbable four-game sweep of the St. Louis Blues with a 3-1 victory Sunday, advancing to the conference finals for just the second time in club history.

Rookie Jordan Nolan scored an early goal for the Kings, the first No. 8 seed in NHL history to eliminate their conference's top two seeds in the same post-season.

After steamrolling top-seeded Vancouver and second-seeded St. Louis with eight wins in nine games, the Kings will face the winner of Phoenix's series with Nashville.

Los Angeles won despite its weakest effort of the post-season, clinging to a 2-1 first-period lead through 40 minutes. The Kings didn't adapt well to an early start time, yet Quick made a handful of stellar saves before Brown scored his sixth of the playoffs into an empty net with 25.8 seconds left.

"It's a special group, and we knew that all along this season," said Anze Kopitar, who had assists on both of Brown's goals and tackled the Los Angeles captain after his empty-netter.

"Maybe we didn't break out when we would have liked to, but I think we've peaked at the right time, and that's the most important thing."

The Kings made their only previous trip to the conference finals in 1993, when Wayne Gretzky and Luc Robitaille propelled L.A. past Toronto and into their only Stanley Cup final, where they lost to Montreal. The Kings won just one playoff series in the ensuing 17 seasons before routing the Presidents' Trophy-winning Canucks in five first-round games last month.
THE ASSOCIATED PRESS

Kings netminder Jonathan Quick celebrates the Kings' sweep of the Blues on Sunday in Los Angeles. HARRY HOW/GETTY IMAGES

NBA. Melo burns Heat in must-win in N.Y.

Carmelo Anthony shoots over Miami's Shane Battier on Sunday in New York. FRANK FRANKLIN II/THE ASSOCIATED PRESS

Amare Stoudemire raised his hands in the air, one covered in padding, as streamers fell from the ceiling above him.

Finally, New York could celebrate an NBA playoff victory again.

Carmelo Anthony scored 41 points, Stoudemire had 20 points and 10 rebounds in his return from a cut hand, and the Knicks snapped an NBA-record, 13-game post-season losing streak by beating the Miami Heat 89-87 Sunday in Game 4 of their first-round series.

"I think it's the first of many," said Stoudemire, his left arm back in a sling to keep his hand elevated. "Tonight was a great win for us, for our fans to finally get over that hump of those consecutive games that we lost, I guess the Knicks, lost over those years in the playoffs."

Anthony made a tiebreaking three-pointer with 54.5 seconds left as the Knicks overcame another serious injury to win a playoff game for the first time since beating Toronto on April 29, 2001, in Game 3 of a best-of-five series. Baron Davis dislocated his right kneecap in the third quarter, just as the Knicks were making the run that got them back into the game after a dismal first half.
THE ASSOCIATED PRESS

More at metronews.ca

- **Finnish prospect Leo Komarov** hopes a deal can be worked out to join the Maple Leafs this summer after the IIHF world hockey championship.
- **Without Derrick Rose and Joakim Noah**, the Chicago Bulls fell behind 3-1 in their series with the Philadelphia 76ers after a 89-82 loss on Sunday.
- **San Diego Chargers** chaplain Shawn Mitchell says Junior Seau's family is revisiting its decision to donate the former NFLers' brain for research.

4 SPORTS

Kentucky Derby

Death at track not connected with derby: Police

The discovery of a man's body Sunday in the stable area of Churchill Downs was being investigated as a homicide, but there appears to be no connection to the race track or the Kentucky Derby, police said. "At this point we don't have anything pointing to the fact that this had any association with Churchill Downs or the Derby itself," said Alicia Smiley, spokeswoman for Louisville Metro Police. She said the death is being investigated as a homicide. The body was found in a stable about 150 yards from where this Saturday's Derby winner, Canadian-owned I'll Have Another, was kept.
THE ASSOCIATED PRESS

On the web

Quarterback Andrew Luck has been busy studying the Indianapolis Colts' playbook since being taken No. 1 in the NFL draft. But the Stanford student still has his head buried in textbooks as he completes this semester's classes before fully dedicating himself to his NFL career. Scan the code for the story.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Baltimore	19	9	.679	—
Tampa Bay	19	10	.655	½
Toronto	16	13	.552	3½
New York	15	13	.536	4
Boston	11	16	.407	7½

CENTRAL DIVISION

	W	L	Pct	GB
Cleveland	15	11	.577	—
Detroit	14	13	.519	1½
Chicago	13	15	.464	3
Kansas City	9	18	.333	6½
Minnesota	7	20	.259	8½

WEST DIVISION

	W	L	Pct	GB
Texas	18	10	.643	—
Oakland	15	14	.517	3½
Seattle	13	17	.433	6
Los Angeles	12	17	.414	6½

Yesterday's results
L.A. Angels 4 Toronto 3
Baltimore 9 Boston 6 (17 innings)
Cleveland 4 Texas 2
Detroit 3 Chicago White Sox 1
N.Y. Yankees 10 Kansas City 4
Oakland 9 Tampa Bay 5
Seattle 5 Minnesota 2
Saturday's results
L.A. Angels 6 Toronto 2
Baltimore 8 Boston 2
Chicago White Sox 3 Detroit 2
Kansas City 5 N.Y. Yankees 1
Oakland 4 Tampa Bay 3 (12 innings)
Seattle 7 Minnesota 0
Texas 5 Cleveland 2 (11 innings)
Today's games — All Times Eastern
Chicago White Sox (Humber 1-1) at Cleveland (McAllister 0-0), 1:05 p.m. (1st game)
Chicago White Sox (Stults 0-0) at Cleveland (Tomlin 1-2), 7:05 p.m. (2nd game)
Texas (M.Harrison 3-2) at Baltimore (Matusz 1-3), 7:05 p.m.
Boston (Doubront 1-1) at Kansas City (J.Sanchez 1-1), 8:10 p.m.
L.A. Angels (Weaver 4-0) at Minnesota (Liriano 0-4), 8:10 p.m.
Detroit (Fister 0-0) at Seattle (Beavan 1-3), 10:10 p.m.

ANGELS 4, BLUE JAYS 3

Toronto	ab	r	h	bi	L.A. Angels	ab	r	h	bi
KJhnsn 2b	4	0	2	1	Trout cf	4	1	1	0
Thams lf	4	0	1	1	MIzturs 2b	4	1	2	0
Bautist rf	4	1	1	0	Pujols 1b	4	1	1	2
Lind dh	3	0	0	0	KMorls dh	4	1	1	0
RDavis pr-dh	0	0	0	0	Trumo rf	3	0	2	1
Encrnc 1b	3	0	0	1	TrHntr rf	1	0	0	0
Lawrie 3b	3	0	0	0	V.Wells lf	4	0	1	0
Rasms cf	4	0	1	0	Callasp 3b	4	0	2	1
Arencii c	4	2	3	0	Aybar ss	3	0	0	0
Mathis pr	0	0	0	0	Iannett c	3	0	0	0
Vizquel ss	4	0	1	0					
Totals	**33**	**3**	**9**	**3**	**Totals**	**34**	**4**	**10**	**4**

Toronto 001 001 100 — 3
L.A. Angels 000 220 00x — 4

E—Pujols (1). DP—Los Angeles 3. LOB—Toronto 6, Los Angeles 6. 2B—Bautista (3), Trout (3), V.Wells (6). HR—Pujols (1). SB—M.Izturis (6). SF—Encarnacion.

Toronto	IP	H	R	ER	BB	SO
Hutchison L,1-1	5 1-3	8	4	4	0	6
Oliver	1-3	1	0	0	0	0
Frasor	1-3	0	0	0	0	0
Janssen	1	1	0	0	0	1
Villanueva	1	0	0	0	0	2
L.A. Angels						
Williams W,3-1	6 2-3	8	3	2	1	4
D.Carpenter H,1	1-3	0	0	0	0	1
Frieri H,1	1	0	0	0	1	1
S.Downs H,5	1-3	1	0	0	0	0
Hawkins S,1-1	2-3	0	0	0	0	0

T—2:51. A—37,548 (45,957) at Anaheim, Calif.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	18	9	.667	—
Atlanta	18	11	.621	1
New York	15	13	.536	3½
Miami	14	14	.500	4½
Philadelphia	13	15	.464	5½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	17	11	.607	—
Cincinnati	14	13	.519	2½
Houston	13	15	.464	4
Milwaukee	12	16	.429	5
Pittsburgh	12	16	.429	5
Chicago	11	17	.393	6

WEST DIVISION

	W	L	Pct	GB
Los Angeles	18	10	.643	—
San Francisco	14	14	.500	4
Arizona	14	15	.483	4½
Colorado	12	15	.444	5½
San Diego	9	20	.310	9½

Yesterday's results
Atlanta 7 Colorado 2
Chicago Cubs 4 L.A. Dodgers 3 (11 innings)
Cincinnati 5 Pittsburgh 0
Miami 6 San Diego 3
N.Y. Mets 3 Arizona 1
San Francisco 4 Milwaukee 3 (11 innings)
St. Louis 8 Houston 1
Philadelphia at Washington
Saturday's results
Atlanta 13 Colorado 9
Houston 8 St. Louis 2
L.A. Dodgers 5 Chicago Cubs 1
Miami 4 San Diego 1
Pittsburgh 3 Cincinnati 2
N.Y. Mets 4 Arizona 3
San Francisco 5 Milwaukee 2
Washington 7 Philadelphia 1
Tonight's games — All Times Eastern
N.Y. Mets (Niese 2-1) at Philadelphia (Halladay 3-2), 7:05 p.m.
Atlanta (Hanson 3-2) at Chicago Cubs (Samardzija 3-1), 8:05 p.m.
Miami (Zambrano 0-2) at Houston (W.Rodriguez 3-2), 8:05 p.m.
Cincinnati (Arroyo 1-1) at Milwaukee (Gallardo 1-3), 8:10 p.m.
St. Louis (Lynn 5-0) at Arizona (J.Saunders 2-1), 9:40 p.m.
Colorado (Pomeranz 0-1) at San Diego (Volquez 0-2), 10:05 p.m.
San Francisco (Zito 1-0) at L.A. Dodgers (Lilly 3-0), 10:10 p.m.

HOCKEY

IIHF MEN'S WORLD CHAMPIONSHIP

PRELIMINARY ROUND

Yesterday's results
At Helsinki — Finland 1 Slovakia 0
France 6 Kazakhstan 3
Switzerland 3 Belarus 2
At Stockholm — Italy 4 Denmark 3 (OT)
Latvia 3 Germany 2
Russia 4 Norway 2
Saturday's results
At Helsinki — U.S. 5 **Canada 4** (OT)
Switzerland 5 Kazakhstan 1
At Stockholm — Russia 5 Latvia 2
Sweden 4 Czech Republic 1
Today games — All Times Eastern
At Helsinki
France vs. **Canada**, 9:15 a.m.
U.S. vs. Slovakia, 1:15 p.m.
At Stockholm
Czech Republic vs. Norway, 10:15 a.m.
Denmark vs. Sweden, 2:15 p.m.

NHL PLAYOFFS

STANLEY CUP

CONFERENCE SEMIFINALS

(Best-of-7)
All Times Eastern

EASTERN CONFERENCE

N.Y. RANGERS (1) VS. WASHINGTON (7)
(Series tied 2-2)
Saturday's result
Washington 3 N.Y. Rangers 2
Tonight's game
Washington at N.Y. Rangers, 7:30 p.m.
Wednesday's game
N.Y. Rangers at Washington, TBA
Saturday, May 12
x-Washington at N.Y. Rangers, TBA
PHILADELPHIA (5) VS. NEW JERSEY (6)
(New Jersey leads series 2-1)
Last night's result
Philadelphia at New Jersey
Tomorrow's game
New Jersey at Philadelphia, 7:30 p.m.
Thursday's game
x-Philadelphia at New Jersey, TBA
Saturday, May 12
x-New Jersey at Philadelphia, TBA

WESTERN CONFERENCE

ST. LOUIS (2) VS. LOS ANGELES (8)
(Los Angeles wins series 4-0)
Yesterday's result
Los Angeles 3 St. Louis 1
PHOENIX (3) VS. NASHVILLE (4)
(Phoenix leads series 3-1)
Friday's result
Phoenix 1 Nashville 0
Tonight's game
Nashville at Phoenix
Wednesday's game
x-Phoenix at Nashville, TBA
Friday's game
x-Nashville at Phoenix, TBA
x — played only if necessary.

KINGS 3, BLUES 1

First Period
1. Los Angeles, Nolan 1 (Penner) 4:36
2. St. Louis, Shattenkirk 1 (Jackman) 11:34
3. Los Angeles, Brown 5 (Kopitar, Doughty) 18:17
Penalties — Stewart StL (tripping) 2:06, Stewart StL, Nolan LA (fighting) 13:53, Stoll LA (holding) 14:14.
Second Period — No Scoring.
Penalties — Nichol StL (high-sticking) 4:48, Los Angeles bench (too many men; served by King) 6:04, Doughty LA (interference) 8:03, Backes StL (elbowing) 8:13.
Third Period
4. Los Angeles, Brown 6 (Kopitar, Greene) 19:34 (en)
Penalties — D'Agostini StL (boarding), Brown LA (slashing) 4:33, Nichol StL (double high-sticking) 8:00, Stoll LA (high-sticking) 9:29.
Shots on goal by

St. Louis	4	13	7	— 24
Los Angeles	10	2	7	— 19

Goal — St. Louis: Elliott (L,3-4-0); Los Angeles: Quick (W,8-1-0). **Power plays (goals-chances)** — St. Louis: 0-3; Los Angeles: 0-5.
Attendance — 18,373 (18,118) at Los Angeles.

SCORING LEADERS

	G	A	PT
Giroux, Pha	7	8	15
Briere, Pha	8	4	12
McDonald, StL	5	5	10
Voracek, Pha	2	8	10
J.Staal, Pgh	6	3	9
Zajac, NJ	5	4	9
Brown, LA	4	5	9
Kovalchuk, NJ	4	5	9
B.Richards, NYR	4	5	9

Not including yesterday's games

GOLF

PGA WELLS FARGO CHAMPIONSHIP

At Charlotte, N.C.
Par 72 (36-36)
Final Round
(x—won on first playoff hole)

x-Rickie Fowler, $1,170,000	66-72-67-69—274
Rory McIlroy, $572,000	70-68-66-70—274
D.A. Points, $572,000	66-68-69-71—274
Webb Simpson, $312,000	65-68-69-73—275
Ben Curtis, $237,250	69-70-71-67—277
Ryan Moore, $237,250	65-70-68-74—277
Lee Westwood, $237,250	71-72-68-66—277
Nick Watney, $201,500	68-64-72-74—278
Jonas Blixt, $156,000	68-73-67-71—279
Jonathan Byrd, $156,000	69-69-72-69—279
Brian Davis, $156,000	66-74-69-70—279
Jason Day, $156,000	70-70-69-70—279
James Driscoll, $156,000	71-70-69-69—279
Seung-Yul Noh, $156,000	68-70-70-71—279
Stewart Cink, $100,750	65-69-71-75—280
Robert Garrigus, $100,750	69-72-68-71—280
George McNeill, $100,750	70-68-68-74—280
Sean O'Hair, $100,750	72-69-69-70—280
John Senden, $100,750	66-68-72-74—280
David Toms, $100,750	74-65-70-71—280
Arjun Atwal, $67,600	68-69-75-69—281
Ben Crane, $67,600	70-64-73-74—281
Martin Flores, $67,600	68-70-71-72—281
Hunter Haas, $67,600	68-68-75-70—281
Geoff Ogilvy, $67,600	71-70-65-75—281
Will Claxton, $47,125	71-72-70-69—282
Jim Furyk, $47,125	71-71-71-69—282
Sung Kang, $47,125	71-70-70-71—282
Martin Laird, $47,125	72-70-69-71—282
Phil Mickelson, $47,125	71-72-68-71—282
Kevin Stadler, $47,125	68-74-70-70—282
Also	
David Hearn, $13,455	**70-72-76-71—289**

LPGA BRAZIL CUP

At Rio de Janeiro, Brazil
Par 73
Final Round

Pornanong Phatlum, $108,000	66-67—133
Amy Hung, $83,990	72-65—137
Paula Creamer, $54,031	69-69—138
Chella Choi, $54,031	71-67—138
Amanda Blumenherst, $27,637	72-67—139
Brittany Lang, $27,637	68-71—139
Candie Kung, $27,637	68-71—139
Katie Futcher, $27,637	67-72—139
Karine Icher, $27,637	66-73—139
Anna Nordqvist, $16,761	73-68—141
Christina Kim, $16,761	69-72—141
Beatriz Recari, $16,761	71-70—141
Suzann Pettersen, $16,761	68-73—141
Ryann O'Toole, $14,163	73-69—142
Jeong Jang, $12,967	74-69—143
Gerina Piller, $12,967	71-72—143
Victoria Tanco, $11,680	71-73—144
Kyeong Bae, $11,680	71-73—144
Julieta Granada, $10,944	74-71—145
Cindy LaCrosse, $10,576	73-73—146
Mindy Kim, $9,841	75-72—147

AUTO RACING

NASCAR SPRINT CUP AARON'S 499

At Talladega, Ala.
Yesterday's results
(starting position in parentheses)
1. (13) Brad Keselowski, Dodge, 194 laps, 120.1 rating, 47 points, $305,745; 2. (21) Kyle Busch, Toyota, 194, 106.2, 43, $263,298; 3. (10) Matt Kenseth, Ford, 194, 128.5, 43, $225,701; 4. (5) Kasey Kahne, Chevrolet, 194, 88.4, 41, $155,090; 5. (6) Greg Biffle, Ford, 194, 118.4, 40, $143,540; 6. (24) Clint Bowyer, Toyota, 194, 82.9, 38, $146,554; 7. (32) David Ragan, Ford, 194, 85.6, 37, $137,723; 8. (11) Trevor Bayne, Ford, 194, 87.8, 0, $110,565; 9. (18) Dale Earnhardt Jr., Chevrolet, 194, 88.4, 36, $120,765; 10. (29) Jeff Burton, Chevrolet, 194, 83.3, 35, $143,640.

NBA PLAYOFFS

CONFERENCE QUARTER-FINALS

(Best-of-7)
All Times Eastern

EASTERN CONFERENCE

CHICAGO (1) VS. PHILADELPHIA (8)
(Philadelphia leads series 3-1)
Yesterday's result
Philadelphia 89 Chicago 82
Tomorrow's game
Philadelphia at Chicago, 9:30 p.m.
MIAMI (2) VS. NEW YORK (7)
(Miami leads series 3-1)
Yesterday's result
New York 89 Miami 87
Wednesday's game
New York at Miami, 7 p.m.
INDIANA (3) VS. ORLANDO (6)
(Indiana leads series 3-1)
Saturday's result
Indiana 101 Orlando 99 (OT)
Tomorrow's game
Orlando at Indiana, 7 p.m.
BOSTON (4) VS. ATLANTA (5)
(Boston leads series 2-1)
Last night's result
Atlanta at Boston
Tomorrow's game
Boston at Atlanta, 8 p.m.

WESTERN CONFERENCE

SAN ANTONIO (1) VS. UTAH (8)
(San Antonio leads series 3-0)
Saturday's result
San Antonio 102 Utah 90
Tonight's game
San Antonio at Utah, 8 p.m.
Wednesday's game
x-Utah at San Antonio, 8:30 p.m.
OKLAHOMA CITY (2) VS. DALLAS (7)
(Oklahoma City wins series 4-0)
Saturday's result
Oklahoma City 103 Dallas 97
L.A. LAKERS (3) VS. DENVER (6)
(L.A. Lakers lead series 2-1)
Last night's result
L.A. Lakers at Denver
Tomorrow's game
Denver at L.A. Lakers, 10:30 p.m.
MEMPHIS (4) VS. L.A. CLIPPERS (5)
(L.A. Clippers lead series 2-1)
Saturday's result
L.A. Clippers 87 Memphis 86
Tonight's game
Memphis at L.A. Clippers, 10:30 p.m.
Wednesday's game
L.A. Clippers at Memphis, 9:30 p.m.
x — played only if necessary

LACROSSE

NLL PLAYOFFS

DIVISIONAL SEMIFINALS

EAST DIVISION
Saturday's result — Toronto 7 Buffalo 6
Friday's result — Rochester 14 Philadelphia 13
WEST DIVISION
Saturday's results
Edmonton 19 Calgary 11
Minnesota 14 Colorado 10

DIVISIONAL FINALS

Saturday, May 12 — All Times Eastern
EAST DIVISION
Rochester at Toronto, 7 p.m.
WESTDIVISION
Edmonton at Minnesota, 9:30 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Kansas City	9	7	2	0	12	5	21
D.C. United	11	5	3	3	20	15	18
New York	9	5	3	1	19	14	16
Chicago	7	3	2	2	9	9	11
Montreal	10	3	5	2	11	15	11
New England	9	3	6	0	8	12	9
Houston	6	2	2	2	7	8	8
Columbus	8	2	4	2	6	10	8
Philadelphia	8	2	5	1	5	9	7
Toronto	8	0	8	0	6	18	0

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
San Jose	10	7	2	1	21	11	22
Real Salt Lake	11	7	3	1	18	12	22
Seattle	8	6	1	1	11	3	19
Vancouver	9	5	2	2	9	7	17
Colorado	10	5	5	0	15	12	15
Dallas	10	3	4	3	10	14	12
Los Angeles	9	3	5	1	11	14	10
Chivas USA	9	3	6	0	5	11	9
Portland	9	2	5	2	9	13	8

Last night's result
Colorado 2 Dallas 0
Saturday's results
Vancouver 2 San Jose 1
Montreal 2 Kansas City 0
D.C. United 2 Toronto 0
New York 1 Los Angeles 0
Seattle 1 Philadelphia 0
Real Salt Lake 2 New England 1
Columbus 0 Portland 0
Friday's result
Chicago 2 Chivas USA 1

ENGLAND

PREMIER LEAGUE

Team	GP	W	D	L	GF	GA	Pts
Manchester City	37	27	5	5	90	27	86
Manchester Utd	37	27	5	5	88	33	86
Arsenal	37	20	7	10	71	47	67
Tottenham	37	19	9	9	64	41	66
Newcastle	37	19	8	10	55	48	65
Chelsea	36	17	10	9	62	41	61
Everton	37	14	11	12	47	39	53
Fulham	37	14	10	13	48	49	52
Liverpool	36	13	10	13	43	38	49
West Bromwich	37	13	8	16	43	49	47
Sunderland	37	11	12	14	45	45	45
Swansea	37	11	11	15	43	51	44
Norwich	37	11	11	15	50	66	44
Stoke	37	11	11	15	34	51	44
Aston Villa	37	7	17	13	37	51	38
QPR	37	10	7	20	41	63	37
Wigan	36	9	10	17	38	60	37
Bolton	37	10	5	22	44	75	35
Blackburn	36	8	7	21	47	75	31
r-Wolverhampton	37	5	10	22	38	79	25

r — relegated.
Yesterday's results
Aston Villa 1 Tottenham 1
Bolton 2 West Bromwich Albion 2
Fulham 2 Sunderland 1
Manchester United 2 Swansea 0
Newcastle 0 Manchester City 2
Queens Park Rangers 1 Stoke 0
Wolverhampton Wanderers 0 Everton 0
Saturday's result
Arsenal 3 Norwich 3

FA CUP

Saturday's result
Championship Final
Chelsea 2 Liverpool 1

SCOTLAND

PREMIER LEAGUE

Yesterday's results
Dundee United 1 Celtic 0
Hearts 2 St. Johnstone 0
Saturday's results
Kilmarnock 1 Aberdeen 1
Rangers 0 Motherwell 0
St. Mirren 0 Inverness 1

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MERCHANDISE

Public Auctions

NOTICE OF SALE

Storage-Mart #3022, 947 Warden Avenue, Toronto On M1L 4E3, @ 10:00am – Unit 2004 – M. Murphy, Unit 2231 – J. Richardson, Unit 1038 – K. Ramdeen, Unit 1555 – Z. Li, Unit 1594 – R. Paiz •**Storage-Mart #3023, 25 Crouse Road, Scarborough, On M1R 5P8** – Unit 3003 – M. Pantich • **Storage-Mart #3024, 81 Arrow Road, Toronto, Ontario M9M 2L4** – Unit 1126 – D. David, Unit 2035 – E. Wallerstein, Unit 2144 – C. Smith, Unit 2185 – F. Farzaneh, Unit 2189 – S. Austin, Unit 2288 – K. Bignell, Unit 2301 – K Marrett, Unit 2326 A. Zlahtic, Unit 6027 – W. Prana • **Storage-Mart #3030, 3429 Kennedy Road, Scarborough, On M1V 4Y3** – Unit 3219 – G. Chapman, Unit 4228 – C. Wong • **Storage-Mart #3031, 4780 Sheppard Avenue East, Scarborough, On M1S 3V6** – Unit 3001 – B. Godson, Unit 5054 – T. Williams, Unit 6057 R. Scott, Unit 8211 – C. Stanley • **Storage-Mart #3033, 1700 Alliance Road, Pickering, On. L1W 3X2** – Unit E55 – Jason Cash, Unit C25 – R. Mckoy • **Storage-Mart #3034, 996 Farewell Avenue South, Oshawa, On. L1H 6N6** – Unit 14wc – A. Miller

According to the Lease by and between the customers listed above and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage units, the Manager has cut the lock on their Unit(s) UPON COURSORY INSPECTION THE UNITS WERE FOUND TO CONTAIN: Household goods, furniture, and misc. items. Items will be sold or otherwise disposed of at this site on **May 18, 2012** at approximate times listed by the address above to satisfy owner lien in accordance with the Provincial statues. Terms of the sale are CASH ONLY, no cheques will be accepted. All goods are sold in "as in condition". Tax must be paid or resale numbers furnished. Buyers must provide own lock if needed. Seller reserves the right to overbid. All items or spaces may not be available on date of sale. Please call **416-291-5353 Ext. 2** for auction times.

Public Auctions

NOTICE OF SALE

Storage-Mart #3001 328 Commissioners Rd W. London, ON Friday May 18th @ 10:45am Units: 0415D Lisa Griffiths • **Storage-Mart #3002 1020 Wonderland Rd S, London, ON Friday May 18, 2012 @ 11:30am Units:** 3042 Leslie Findlater. • **Storage-Mart #3003 665 Adelaide St.N., London, ON Friday May 18th @ 10:00am Units:** 0618F John Boyd, 0660F Jessica Seymour, 0719G Richard Tait • **Storage-Mart #3004 155 South Edgeware Rd, St Thomas, ON Friday May 18th @ 1:00pm Units:** 438 Heather Gowanlock, 408 Linda Boxall

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Public Auctions

NOTICE OF PUBLIC AUCTION

Storage Mart #3007 542 Evans Avenue, Etobicoke ON M8W 2V4: #3106 Vishal Mahendroo, #3408 William McKellar, #5140 Anton Fotivec • **Storagemart #3008 680 Kipling Avenue, Etobicoke, ON M8Z 5G3:** Oksana Maslabey #2122, ZACK CHOPCIAN #4007, Oksana Maslabey #4081 • **Storage Mart #3013 221 Todd Baylis Blvd, Toronto ON M6M4L2:** #1204 David Spencer, #1219 Natalia Velasquez, #1440 Safurani Bakare, #2205 Peter Katznelson, #2228 Ansell Newland, #3247 Elizabeth Costa, #3411 Lee Anne Moore • **Storage Mart #3014 555 Trethewey Drive Toronto ON M6M 4B8:** C025 Naomi Henry, F026 George Philbert, D2220 Winnifred Spencer, D2224 Wayne Elva, E1051 Khaled Hegagi, E1097 Taharia Lewis, E2145 Emergent Equity Group, E2149 Elizabeth Falcon, D2012 Barbara Samuels • **Storage Mart #3015 120 Wicksteed Ave, Toronto ON M4G 4K7:** #1227 Kyra Rattray, #B2336 Sandy Hutchens, #B3436 Larry Andrews, #B4504 Kelly Burrows • **Storage Mart #3017 8929 Weston Rd, Woodbridge ON L4L 1A6:** #447 Domino Entertainment, 801 Land Relocation Ltd. • **Storage Mart #3018 605 Alden Road, Markham ON L3R 3L5:** #2303 Leo Chan, #1224 Hafiz Walji • **Storage-Mart #3021 1776 O'Connor Dr, Toronto, ON Units:** 2326 Patrick Durnin, 1246 Domenico Faraci, 1214 Aloukhin Anatoli, 1106 Jonathan Mitchell, 2425 Kirk Andrews, 2242 Ernie White, 2221 Steve Greig • **Storage Mart #3026 990 Syscon Rd, Burlington ON L7L 5S2:** C0037 Dawn Stasiuk • **Storage Mart #3028 10345 Keele Street, Maple ON L6A 3Y9:** #1229 William Heron, #2314 ProGroup, #3018 Capital Roofing Home Renovation Services, #2228 Paul Smith, #2234 Patricia Thompson

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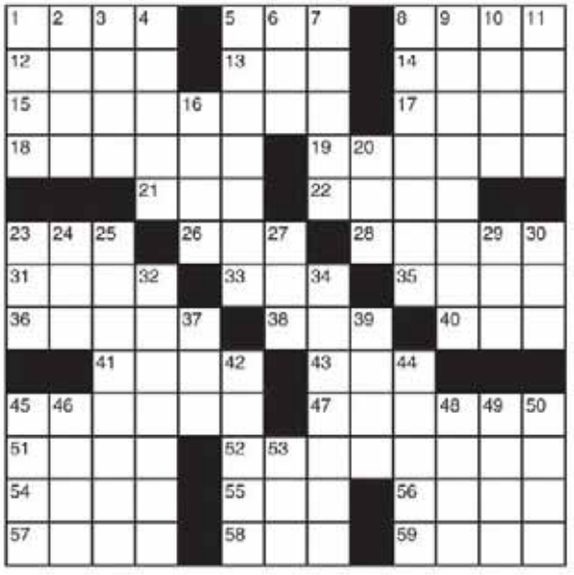
Crossword

Across

1 One of the Three Bears
5 Humor
8 Ardor
12 Oscar-night clashers
13 Expert
14 "That hurts!"
15 Great elation
17 Soft cheese
18 Usher elsewhere
19 Soloist's elegy
21 To the — degree
22 Trade
23 Rushmore face
26 Scale member
28 Feudal figure
31 Praise to the heavens
33 "Golly!"
35 Ms. Turner
36 Went wan
38 Mischievous tyke
40 Enthusiast
41 Newspaper page
43 "Wham!"
45 "Scat!"
47 Canine coating
51 Cow-headed goddess
52 Mrs. Orpheus
54 "The Producers" chorus member
55 In favor of
56 Messes up
57 Air from a pair
58 Round Table address
59 — ex machina

Down

1 Juror, in theory
2 Chills and fever
3 Band in Boston
4 Hardly ruddy
5 Tusked African beast
6 Here (Fr.)
7 Lions and Tigers and Bears
8 Sole stud
9 Portuguese, e.g.
10 Low-pH
11 Yon folks
16 Feedbag fill
20 He gives a hoot
23 Jungfrau, for one
24 Sheepish remark
25 Extol
27 Mainlander's memento
29 Wildebeest
30 Cause corrosion
32 Passbook plus
34 Napoleon or Nero
37 Lair
39 Small horse
42 Ocean nadirs
44 Tested the waters
45 Tie
46 Jacob's twin
48 Muck
49 Beige
50 Not so much
53 Spoon-bender Geller



Sudoku

3	9						1	4
		7	6			3		
1			5		4			
4				8		9	7	
				2				
	5	3		9				6
			1		7			3
		1			2	6		
7	6						8	2

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku

8	1	5	4	6	3	2	9	7
4	3	2	9	5	7	1	6	8
7	6	9	1	2	8	3	5	4
9	7	8	6	3	4	5	1	2
5	4	3	2	8	1	9	7	6
1	2	6	5	7	9	4	8	3
6	9	1	7	4	2	8	3	5
2	8	7	3	1	5	6	4	9
3	5	4	8	9	6	7	2	1

Friday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

BEWN PXRO FUOEN PXFLCXKT PURO BEUQL JLFXKLQURO WVWJNFLRN BWQQP?

"OXXKCTL, XQK VWURN."

Yesterday's Cryptoquip: WHEN TWO BIG BOVINES PUT ON GLOVES AND START SPARRING, WOULD PEOPLE SAY THEY'RE BOXIN' OXEN?

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

Aries | March 21 - April 20. You are closer to completing some kind of creative endeavor than you realize, so don't give up on it now.

Taurus | April 21 - May 21. With Mars, planet of energy and ambition, transiting one of the best areas of your solar chart success of some sort is guaranteed.

Gemini | May 22 - June 20. This is no time to be cautious, especially when dealing with work and career issues.

Cancer | June 21 - July 22. If you expect others to play by the book then you must play by the book as well.

Leo | July 23 - Aug. 22. Be a little more daring over the next few days. Take the kind of risks that other people say you should not.

Virgo | Aug. 23 - Sept. 22. Yes, of course, there are lessons to be learned from going over old mistakes, but don't beat yourself up about them.

Libra | Sept. 23 - Oct. 22. If you have confidence in your abilities and are willing to take a few risks you will do something extraordinary this coming week.

Scorpio | Oct. 23 - Nov. 21. Be bold, be brave and, above all, believe in yourself.

Sagittarius | Nov. 22 - Dec. 21. You can either meet a challenge head-on or you can hide yourself away until it has gone.

Capricorn | Dec. 22 - Jan 20. You have set your sights high and won't rest until you have got your hands on the prize.

Aquarius | Jan. 21 - Feb 18. Keep certain thoughts to yourself today, because colleagues are unlikely to be happy if you are critical of them.

Pisces | Feb. 19 - March 20. You will face a certain amount of criticism today but don't let that stop you from doing what you know to be right. Other people's comments are based not on facts but on envy — and with good reason.

SALLY BROMPTON

Caption Contest

"Still got that monkey on your back?"
Jeffrey

MARTIN MEISSNER/THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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